FHM

SWEDEN

AUGUST 2022

VINYL GOING VIRAL
RECORDS ARE MAKING A COMEBACK!

Affairs OF THE HEART
A NUTRITIONAL GUIDE TO ELICIT NOOKIE

TIPS TO BEAT SCAMMERS
HOW TO EVADE ONLINE FRAUDS!

7 BEST BOOKS OF 2022
WHY READING STILL RULES!

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DANIELLA Chavez

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FHM

IT'S GREAT TO BE A MAN

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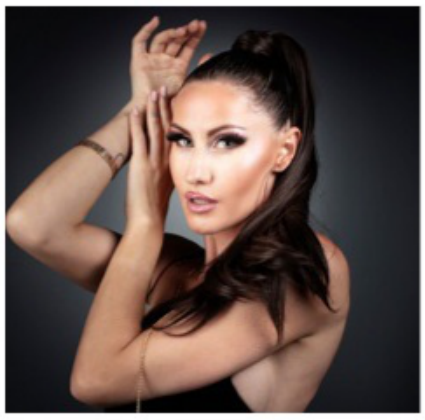

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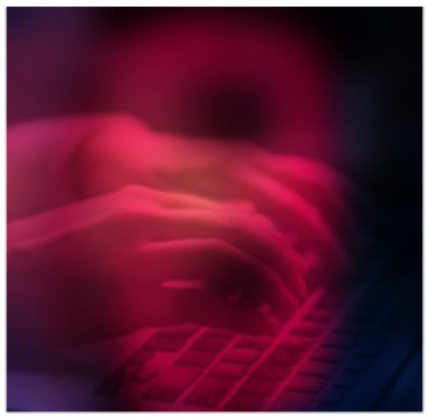

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TIPS & TRICKS

TO FIGHT BACK AGAINST SCAMMERS, BOTS & ONLINE FRAUDS!

We live in a digital world, and while that makes our lives much easier, it also brings with it the cons, such as scammers, frauds and other criminals looking to steal from us all, or gain valuable access to our private information. While there have been many ways in the past to try and combat these crooks, a new technology has just been developed that not only helps fight and block frauds from happening, but also helps you gain a positive reputation online so that you also don't get blocked from things you want to do.

Dennis Weiss is the founder and mastermind behind new technology platform IPQS and he spoke to FHM exclusively one-on-one about everything we need to know about fighting back against scammers, bots and frauds in today's fast-changing online society. Oh, and he tells us exactly why the name of your pet shouldn't be used as a password!

Why do people need to be aware of bots, scammers and online frauds now more than ever before? Scams are all over the internet. We're in a highly digitalized era. So, this stuff is prevalent. I've even had some really close friends of mine who have fallen victim to these scams.

For example, most people on social media or people who access dating sites don't realize they're chatting with a bot, a fake person another is getting caught up in a romance scam, and think you've fallen for the person of your dreams but out not being who they said they were, or simply disappearing after you make a financial transaction.

These bots will try to pull data from you like your credit card number and the last four digits of your SSN by manipulating feelings of affection. They're going to trick people into thinking they need help and then ask for money.

What exactly is "IP Reputation Data" and why is it so important? The IP is an "address" assigned to you that connects devices on a network. The reputation of your IP has to do with the legitimacy of the requests made. If these are unwanted requests, like those of fraudsters, bots, or malware, the reputation of that IP address is bad.

Most cybersecurity tools used today can identify IP addresses with bad reputations and avoid fraud. However, there's a new fraud trend in which fraudsters are buying bandwidth from an IP address with a good reputation or they're hacking into a computer with malware installed. With these conditions, they can use someone else's IP address and commit fraud.

The thing is, many people don't know they have malware installed, or that someone is using their system. This trend is called residential proxy fraud. The proxy is the connection between the internet and your IP address, so it manages all the requests.

This is also one of the reasons we're leaders in residential proxy detection because we were one of the first to discover this fraudulent trend.

What can people and companies do to be safer? From a business point of view, you should always install cybersecurity tools 24/7. Even if your company operates from nine to five, you have to keep protecting your online properties. In that window where you're not protected, scammers will take advantage and commit fraud.

For people to be safer it is important to keep their passwords fresh, changing your password every three months is a good rule of thumb. Another one is to not expose information online that doesn't need to be there. If someone asks

for the last four digits of your SSN for information on a mortgage, you shouldn't give it away.

That's just another way of getting information from you. If they already have your name, email and on top of that the last four digits of your SSN, they can access your accounts too.

What about all those fake scam calls people get, do you recommend reverse phone lookups, or what other solutions? I would definitely recommend our phone validation tool. It can tell you a lot about a phone number like if it's associated with spam calls, the line type and the kind of connection it's coming from. This tool can give you valuable information to make or evaluate if a phone number is normal or suspicious.

What top 5 things can a person do to detect a scammer or bot?

1. If it feels suspicious, it very well could be!
2. A message with that is hard to read, or full of grammar errors, or just makes little sense but is urgent could be a red flag
3. If you get a call with a prerecorded message trying to sell you something or connect you to a representative.
4. When you receive a suspicious email, always look at the email address of the sender. It can tell you if it really is from the company it says it is. Also, you can always use online checkers to see where the email address comes from
5. Don't click on links from emails or text messages where you don't trust the sender

You can track all that stuff through IPQS. I would say tools are the most effective way to avoid fraud. Right now, our tools are more business-focused, but we're thinking of expanding to the consumer side!

How did you come up with all this technology behind the way your company's process and systems work? Well, our combination of technology and processes goes like this...

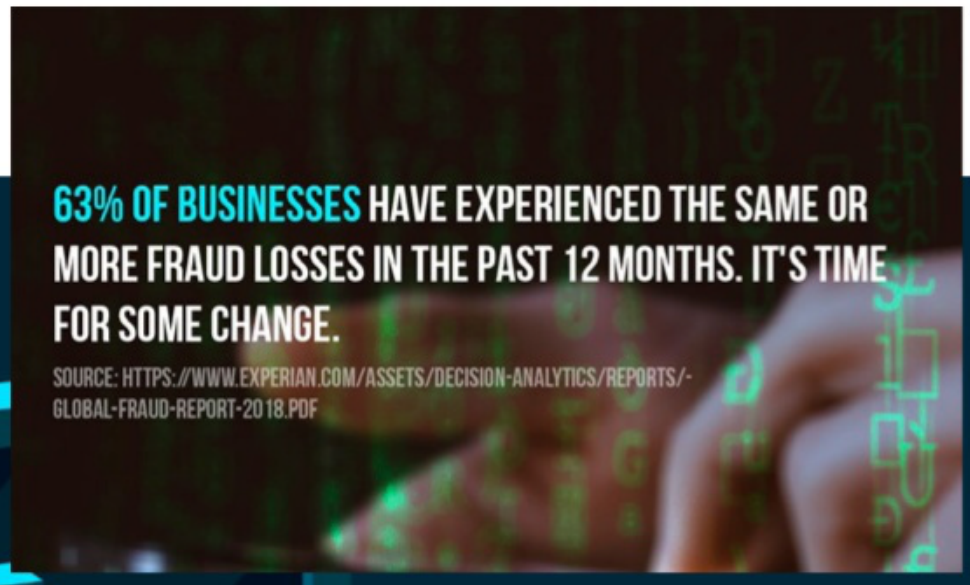
INTERNET
PASSWORD
DATA

The way we collect data is one of our best value propositions. We are proactive about finding fraud out there. That's why my team goes to the lengths of getting information about fraud trends from the dark web. Not only that, but they also set up fake websites that we call honeypots, as bait for fraudsters.
This means all the data we collect from this is fresh. It isn't outdated. We're always the first ones to know about new fraud trends and the first ones to actively build better tools or update the ones we already have, so our technology is always at the top.

What is your advice for people who keep getting their social media accounts hacked?
Yes, there are three things.

1. Run a malware check on your phone, so you can make sure you don't have any viruses.
2. Change your password and use something stronger. If you think you might forget your password, Google can save it for you. They encrypt the data, so it's not a bad idea to use instead of something like "password" or the name of your favorite pet.
3. Don't click on links you don't recognize. Instead, take the email address of the sender and type it to Amazon or Facebook, and see if something suspicious pops up.

Anything else fun you'd like to add or include for our readers? Please don't use the name of your pet as a password. We all love our furry friends, but doing it could make you an easy target for scammers and cost time, money, and stress. Also, don't believe any "Nigerian prince" that requires your help. They don't love you, they love your money.



Viktoria Peach

Model @viktoriapeach69
Photographer 1102

Such an absolute honor to have you on FHM! What are you currently working on? Currently, I am working on my goals and my dreams. Because it is only you who can make them come true.

What is your idea of a really good time? I think the best time is when you feel comfortable. It doesn't matter place or income. You can be happy in the park reading a book if that's what makes you happy. Or you can read the same book in the Maldives if a park doesn't meet your expectations. I would say my good time would be reading in a park, good company, and tasty food.

Top 3 best moments of your career? First, I was very happy with my bachelor's degree interior design, second that I create a business which helps me to be independent woman. And third one is my absolutely new project (onlyfans) where I create adult content.

What would you say is your signature look? I am easy with this one(hehe) everyone knows me as -Viktoriapeach

What is the fastest way to get a smile on your face? This is I think the easiest way in any way. I smile a lot. Even the sun thought my window makes me smile. I think smile make world beautiful. Advice: smile more to the random people and they will always smile you back. I always give a way my smile.

What are some of your favorite outdoor activities? Reading or painting in the park. Running (when its good weather) and a picnic in the forest.

3 ultimate deal breakers when it comes to men? Lies, disrespect, betrayal.

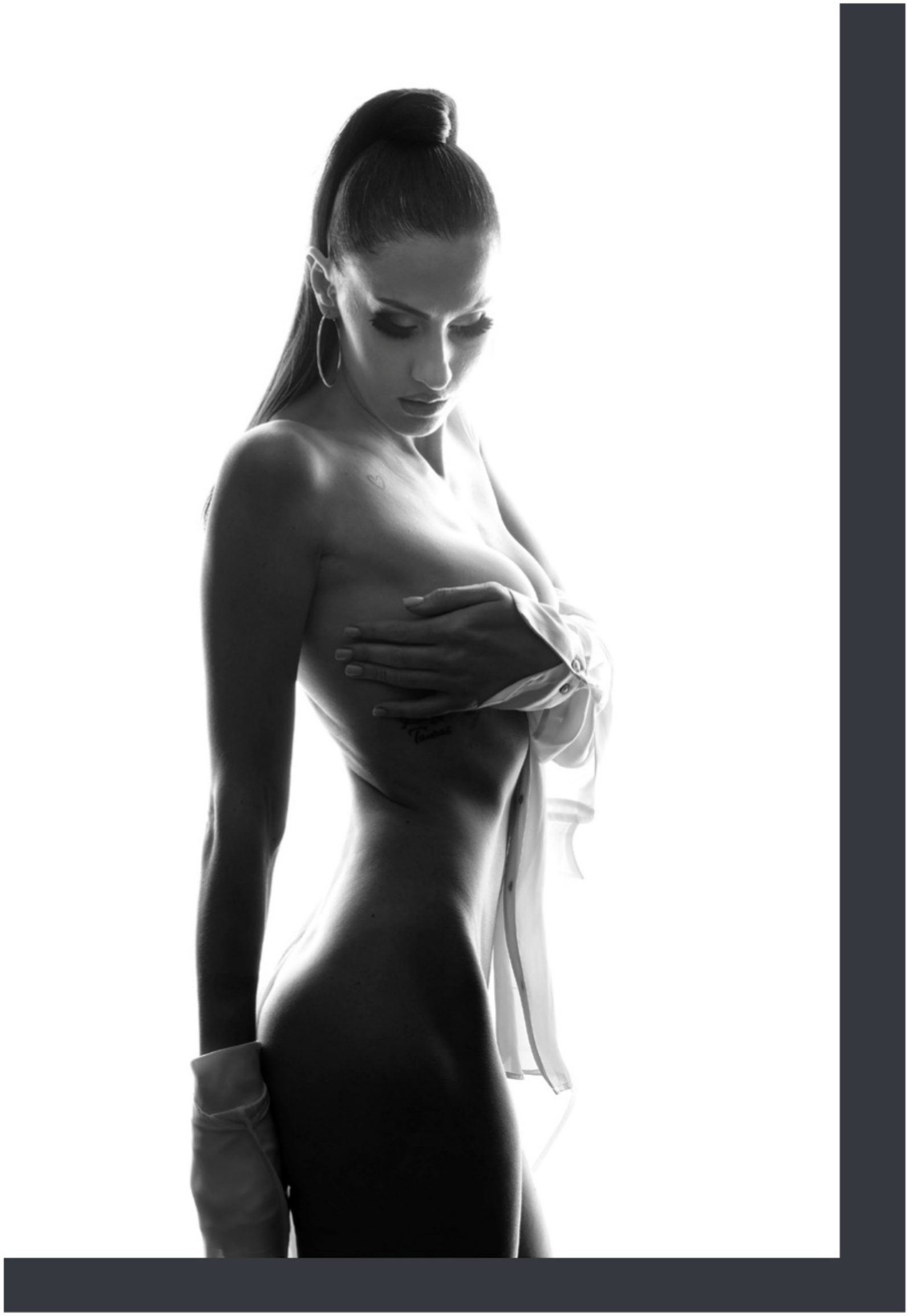
Never have I ever... Jumped from a plane with parachutes. And don't want to. Hehe

Top 3 myth busters when it comes to models? I think you can be what you want to be. And If you want to be a model no one will stop you. Because you don't need to make everyone happy and be beautiful for everybody, first you have to feel it to yourself and then it automatically comes with trust.

What is the best way to approach you as an admirer? For more they can Check viktoriapeach.com but sorry I don't date.

Where can our readers catch up with you and stay updated with your work? Actually, I am very communicable so you can reach me on my IG or my OnlyFans platform.

We are so happy to have gotten to know you a little bit! Any last words out there for our readers? No one can stop you to reach your goals, motivate yourself, always keep forward, and never stop if people tell you that you won't make it Do it in silence and show the results with your high head up! With love Viktoria!



GAME-STARVED!

8 top titles coming soon!

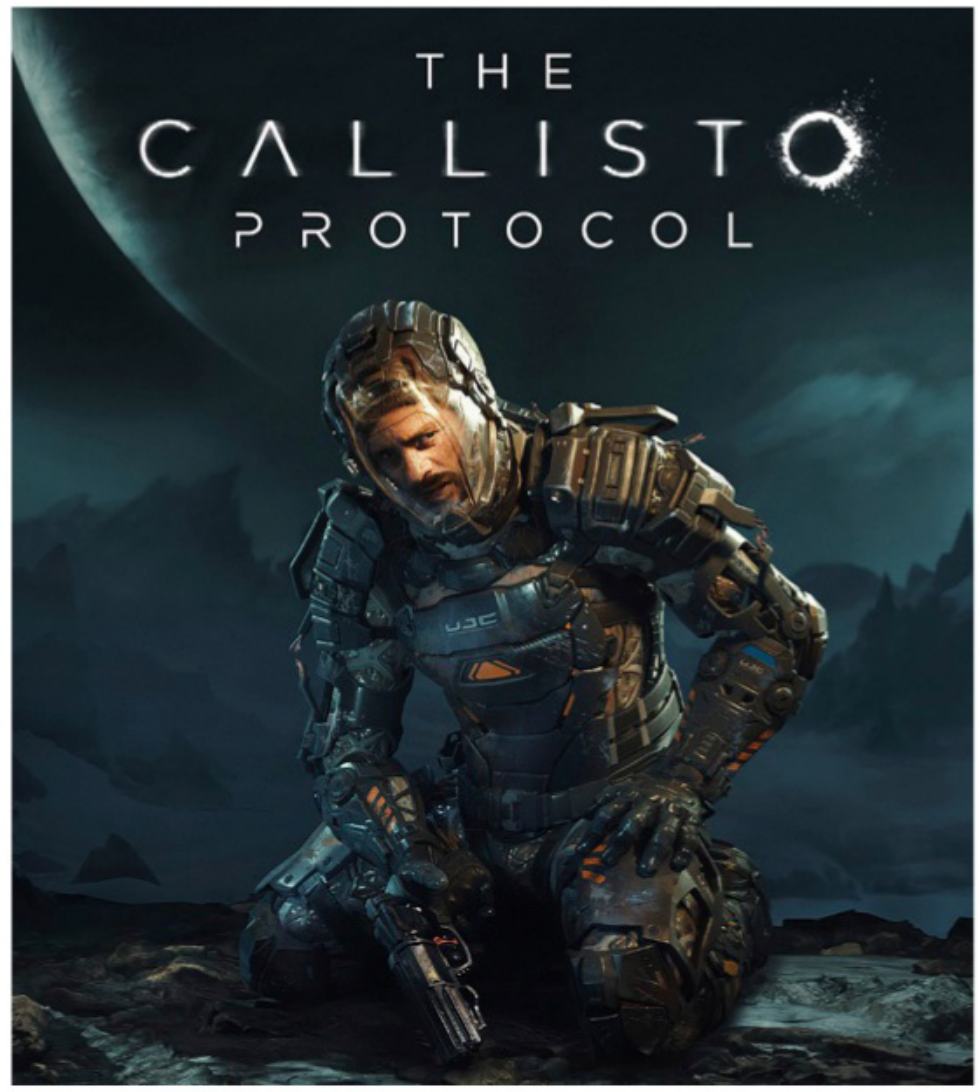
Before the crazy times of lockdowns and worldwide pandemics, there used to be a massive multi-day gaming show called E3. It was the premier event for all things gaming, often seeing massive announcements from the big three platforms, shock console announcements, and Keanu Reeves. Sadly that all changed when the entire world changed. Although the conference might not be back in physical form, there was an unofficial slew of publisher live streams announcing their biggest games at what became known as Not-E3. Sure it might have lacked the pageantry and drama of the actual E3 event, but it did not hold back on some massive new game announcements. Here are some of our favorite games announced for the near future.

Stray

Let's be honest, the majority of us wish we were cats. You get to sleep all day long, have ninja-like agility and go on nighttime adventures. Fortunately Stray allows our wildest cat fantasies to come true. Lost, alone, and separated from family, a stray cat must untangle an ancient mystery to escape a long-forgotten city. Stray is a third-person cat adventure game set amidst the detailed, neon-lit alleys of a decaying cybercity and the murky environments of its seedy underbelly. Roam surroundings high and low, defend against unforeseen threats and solve the mysteries of this unwelcoming place inhabited by curious droids and dangerous creatures. See the world through the eyes of a cat and interact with the environment in playful ways. Be stealthy, nimble, silly, and sometimes as annoying as possible with the strange inhabitants of this mysterious world. Along the way, the cat befriends a small flying drone, known only as B-12. With the help of this newfound companion, the duo must find a way out.

The Callisto Protocol

We all remember the first time we played the wonderfully scary and tense Dead Space, the limb-removing horror game that saw you as a lone survivor on a monster-infested spaceship. The brilliant minds and twisted talents of Dead Space now return with their brand new horror game that looks every bit as creepy as their original horror offering. In this narrative-driven, third-person survival horror game set 300 years in the future, the player will take on the role of Jacob Lee, a victim of fate thrown into Black Iron Prison, a maximum-security penitentiary located on Jupiter's moon, Callisto. When inmates begin to transform into monstrous creatures, the prison is thrown into chaos. To survive, Jacob must battle his way to safety to escape Black Iron Prison, while uncovering the dark and disturbing secrets buried beneath the surface of Callisto. Using a unique blend of shooting and close-quarters combat, Jacob will need to adapt his tactics to combat the rapidly evolving creatures while scavenging to unlock new weapons, gear, and abilities to outrun the growing threat and escape the horrors of Jupiter's Dead Moon.

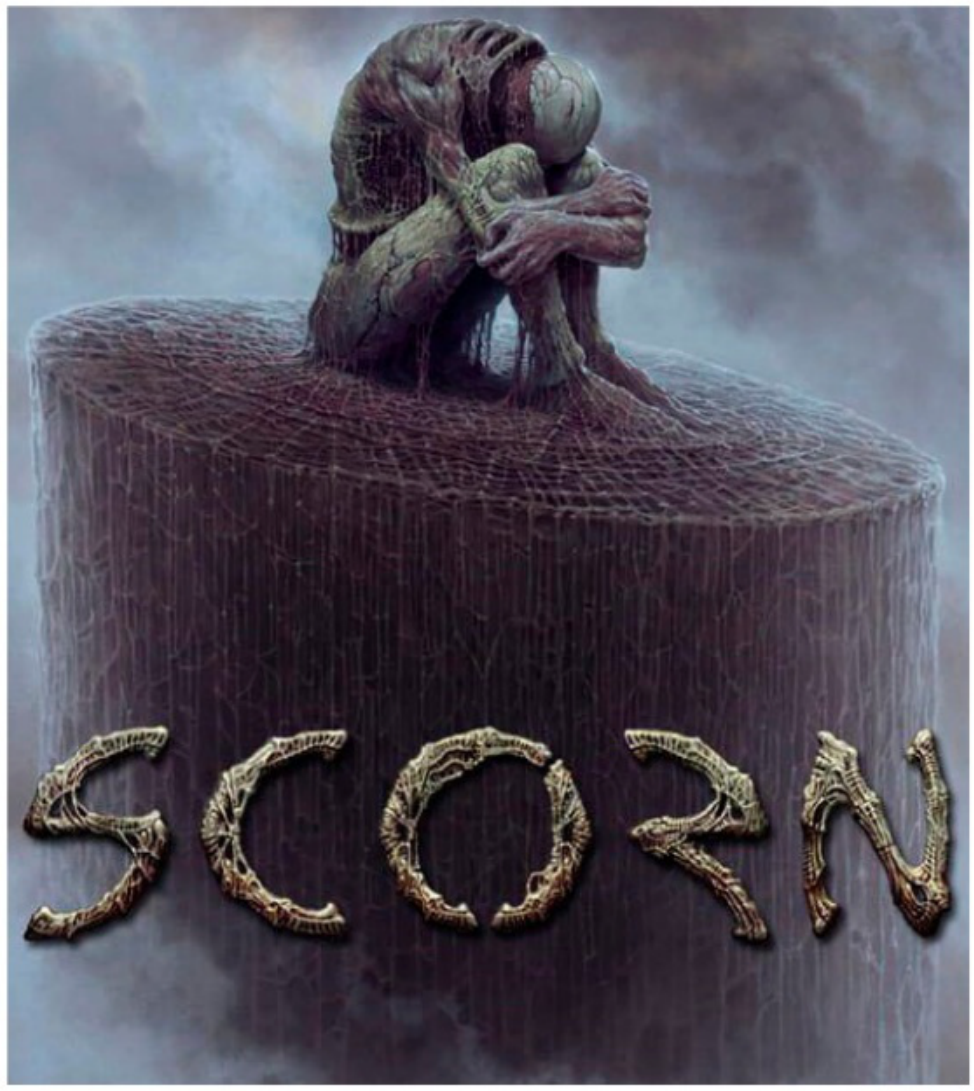


Redfall

Redfall is an open-world, co-op FPS from Arkane Austin, the award-winning team behind Prey and Dishonored. Continuing Arkane's legacy of carefully crafted worlds and immersive sims, Redfall brings the studio's signature gameplay to this story-driven action shooter. The island town of Redfall, Massachusetts, is under siege by a legion of vampires who have blocked out the sun and cut the citizens off from the outside world. Explore the open world and immerse yourself in a deep story campaign as you unravel the mystery behind the vampires' appearance. Ally with a handful of survivors against the creatures threatening to bleed the town dry. Redfall blends single- and multiplayer options seamlessly, allowing the player to venture into the darkness alone or to squad-up for up to four-player co-op. Teammates can try different hero loadouts and combine their strengths to find creative solutions to the vampire apocalypse. You will collect an arsenal of specialized weaponry and customize your character with unique upgrades and abilities to suit your playstyle for guns blazing, stealth combat, and everything in-between.

Hollow Knight: Silksong

After what has felt like decades, we finally got a glimpse of the highly anticipated sequel to the classic Hollow Knight. The team behind the critically acclaimed platform action-adventure has been quiet for years, until we finally got to see footage from Hollow Knight: Silksong at the Xbox/Bethesda conference. And it looks even better than we could've hoped for. This time around you play as Hornet, princess-protector of Hallownest, and adventure through a whole new kingdom ruled by silk and song! Captured and brought to this unfamiliar world, Hornet must battle foes and solve mysteries as she ascends on a deadly pilgrimage to the kingdom's peak. With over 150 new beasts and hunters, assassins and kings, monsters and knights, Silksong looks wonderfully hard and every bit as amazing as its celebrated first outing. As excited as we were to finally see the game in action, we were a bit sad not to see a confirmed release date, but we are hopeful that it will still be released this side of the year.



Scorn

For fans of H.R. Giger nightmare fuel imagery, Scorn might just be the best game you've ever played. Every single bit of footage we've seen oozes Giger-esque visuals and style. Scorn is an atmospheric first-person horror adventure game set in a nightmarish universe of odd forms and somber tapestry. It is designed around the idea of "being thrown into the world". Isolated and lost inside this dream-like world, you will explore different interconnected regions in a non-linear fashion. The unsettling environment is a character itself. Every location contains its own theme, puzzles and characters that are integral in creating a cohesive world. Throughout the game, you will open up new areas, acquire different skill sets, weapons, and various items and try to comprehend the sights presented to you. Scorn takes place in an open-ended world with different interconnected regions. Each region is a maze-like structure with various rooms and paths to discover. All the storytelling happens in-game, with no cut-scenes to distract you from the grisly reality of the living, breathing world you're in. But keep your eyes open, the game won't show you any sympathy if you miss something important on your uneasy travels.

Starfield

Without a doubt, the biggest showcase was on the Xbox/Bethesda stream as we finally go to see gameplay footage of the long-awaited and highly anticipated new RPG from the creators of Skyrim and Fallout. In this next-generation role-playing game set amongst the stars, create any character you want and explore with unparalleled freedom as you embark on an epic journey to answer humanity's greatest mystery. The year is 2330. Humanity has ventured beyond our solar system, settling new planets, and living as a spacefaring people. From humble beginnings as a space miner, you will join Constellation – the last group of space explorers seeking rare artifacts throughout the galaxy – and navigate the vast expanse of the Settled Systems in Bethesda Game Studios' biggest and most ambitious game. From the gameplay footage we saw, Starfield felt like a strange mix between Fallout and No Man's Sky. From exploring a 1000 planets to shooting space pirates in space stations to collecting fauna and flora, Starfield's first proper reveal felt slightly disappointing. That might be down to the crazy high expectations everyone had for the game, but we remain positive that Starfield will be an amazing game when it does finally come out.

Saints Row

When the GTA series decided to take a turn for more realistic stories and ultra-realism in it's environments, the Saints Row series stood tall as the go-to game for over-the-top action and just absolutely bonkers gameplay in a massive open world where the world is your playground. It's been a long time since the last Saints Row game and the announcement of the next iteration was met with excitement and slight trepidation. Yet Saints fans do not fear, the new slight reboot of the famous series is as epic as ever. Welcome to Santo Ileso, a vibrant fictional city in the American Southwest. In a world rife with crime, a group of young friends embarks on their own criminal venture, as they rise to the top in their bid to become Self Made. As the future Boss, with Neenah, Kevin, and Eli by your side, you'll form The Saints – and take on Los Panteros, The Idols, and Marshall as you build your empire across the streets of Santo Ileso and battle for control of the city. Ultimately Saints Row is the story of a start-up company, it's just that the business The Saints are in happens to be crime. Experience the biggest and best Saints Row playground ever created; the unique sprawling world of Santo Ileso is the backdrop for a wild, larger-than-life sandbox of thrilling side hustles, criminal ventures and blockbuster missions, as you shoot, drive, and wingsuit your way to the top.

Metal: Hellsinger

Metal: Hellsinger is a rhythm FPS, where your ability to shoot on the beat will enhance your gameplay experience. The more in sync you are with the rhythm, the more intense the music will become and the more destruction you will cause. Defeat the demon hordes with a skull-clad blade or a wide range of murderous guns. Each weapon has its own ultimate ability, such as Murder of Crows or The Big Goodbye. Play through an epic storyline, narrated by award-winning actor Troy Baker. Unlock special challenges and conquer the realms of Torment to become more powerful in the stages and get a leg up on the leaderboards. Although commonly known as Hell, The Infernal Planes is in reality a union of a thousand Hells, all of which are terrifying and diabolical in their own way. In order to dethrone The Red Judge, you must fight your way through the fiercest corners, from the icy world of Voke to the maddening world of Stygia.Metal: Hellsinger is created by an experienced FPS team at The Outsiders and is the passion project of David Goldfarb, Game Director on Payday 2 and Lead Designer on Battlefield 3 and Battlefield: Bad Company 2. Every track is created specifically for the game with vocals by metal icons, such as Serj Tankian (System of a Down), Matt Heafy (Trivium), Mikael Stanne (Dark Tranquillity), Randy Blythe (Lamb of God), Alissa White-Gluz (Arch Enemy) and Tatiana Shmailyuk (Jinjer).

Vinyls Going Viral

Why records are making a comeback!

History has a habit of repeating itself, and trends long thought dead always make their way back into popular culture. So it's actually no surprise that vinyls are back in force, more popular than ever. For true audiophiles out there, vinyls offer a warmer sound to their favorite music, dropping the soulless sound of digital streaming for the more engaging sound of their favorite licorice pizza. But a great vinyl record is nothing without a great record player and fortunately, there are loads to choose from in 2022.

Audio-Technica AT-LP120XBT-USB

This record player is perfect for anyone looking to get into the vinyl records realm. From its near perfect plug and play setup to its detailed sound, the AT-LP120XBT-USB is the perfect choice. But just because it's a record player doesn't mean it comes without modern technology touches. It has an integrated, switchable phono stage, USB output and wireless aptX Bluetooth connectivity making it more adaptable than the average record player and enabling you to easily make digital copies if needed. With its classy design that will look great in any living room, the AT-LP120XBT-USB is a great choice for any newbie to the vinyl scene. It might not have the most dynamic sound compared to other turntables on the list but is a perfect starting point for any audiophiles out there.

Denon DP-300F

If you're looking for an affordable and great looking turntable, then look no further than the Denon DP-300F. Delivering a good performance both technically and sonically, this turntable is another great option for newcomers to the scene. Although it looks great at a distance, the build quality is lacking, with its all-plastic design it does feel a bit cheap to the touch, especially the buttons themselves, but the DP-300F delivers where it matters and stands toe to toe with more expensive options when it comes to audio quality. While the DP-300F lacks the USB outputs of some of the best turntables listed here, it's still a great option for anyone who doesn't want to manually queue their albums. The Denon's automatic start/stop feature means your needle won't be worn down at the end of the record as the arm immediately returns when an album is done.

Pro-Ject Debut Carbon Evo

For those who don't want to skimp on audio quality, then the Pro-Ject Debut Carbon Evo is perfect for you. It offers that detailed, expansive and rich sound of vinyl without losing any information. However, this audiophile's paradise does come with a steep price. Since releasing their first turntable in the late 90's, Pro-Ject has refined and upgraded its Debut model, but with a steep price increase with each upgrade. But don't let the price put you off, this is without a doubt one of the premiere turntables on the market at the moment. Very few record players come close to its sound quality and it's a lovely sleek-looking player on top of that. It also boasts an impressive line of specifications that very few of its rivals can match. If price is not a problem for you then the Pro-Ject Debut Carbon Evo is a no-brainer.

Marantz TT-15S1

So far we have covered a variety of newbie-friendly record players, but now it's time for the experienced listener out there to take note. The Marantz TT-15S1 is a fantastic turntable for those who have years of experience in how to get the best out of their vinyls. Firstly it's a gorgeous turntable that will make your partner jealous. It also has one of the best tonearms in the business. This is a record player that'll leave you admiring its visual as well as its audible qualities. The reason we are suggesting this to the pros rather than the newcomer is its complicated setup. If you've never setup a system before, this one might leave you scratching your head and getting frustrated as you won't get the best out of this model. But if you like to tinker and toy with your vinyl setups then the Marantz TT-15S1 will give you the exact challenge you need. The attention to detail from the sound to the build quality is peerless and if looks and sound are important to you then this is the perfect record player for you.

Technics SL 1500c

There is a very good reason why Technics has been the go-to brand for music lovers and DJs alike. Technics has become the go-to brand for delivery quality sound, excellent specifications and great build quality. But what sets the SL 1500c apart from others on the list. Firstly it's the built-in phono equalizer and bundled cartridge. There is no need to separately prepare either one, making it easy to link with a wide range of audio equipment. Secondly, when the tonearm reaches the end of the record, the Auto Lifter function automatically raises the cartridge. This prevents unnecessary wear on your valuable vinyl records and stylus. By embedding the Auto Lifter function in the base portion of the tonearm, it eliminates impacts to the tonearm. And lastly, it's the amazing build quality, this record player can literally withstand a bomb and still keep on ticking. With its clean and precise sound, paired with its sleek and durable design, the Technics SL 1500c is the perfect companion for any Technics addict out there.

Hiphop/ Rap
Electronic

MAKE THE
Difference

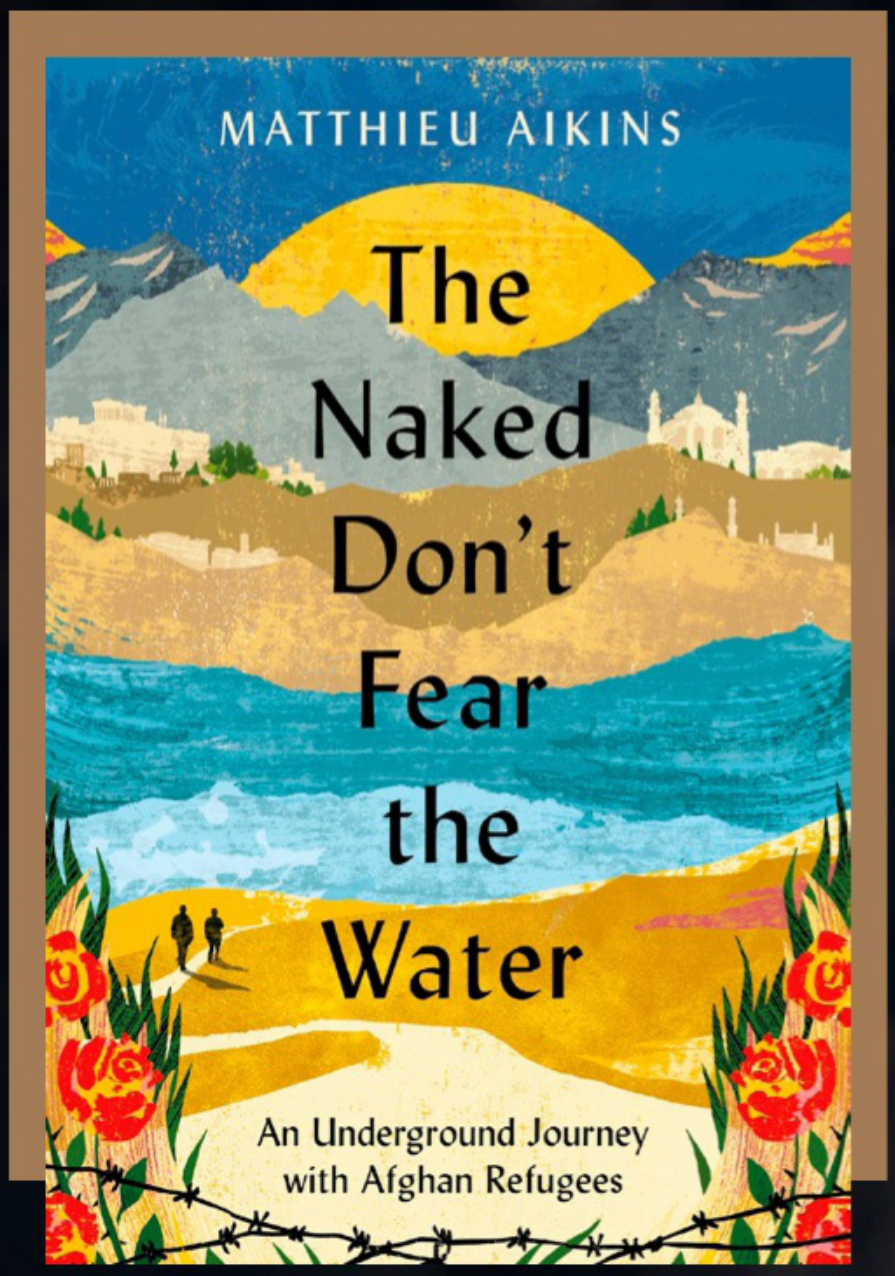
7 BEST BOOKS of 2022

Why reading
still rules!

In the days of hundreds of tv streaming services, gaming consoles and podcasts, it's easy to forget that one of the oldest mediums of entertainment is still going strong. Reading has been a favored pastime for hundreds and hundreds of years now and it's not going anywhere if these following amazing books of 2022 are anything to go by.

Life Between the Tides - Adam Nicolson

Historian Adam Nicolson dissects all aspects of marine life to make stirring observations about crustaceans, humans, and the world in which we all live in this deftly reported book. In Life Between the Tides, Adam Nicolson investigates one of the most revelatory habitats on earth. Under his microscope, we see a prawn's head become a medieval helmet and a group of "winkles" transforms into a Dickensian social scene, with mollusks munching on Stilton and glancing at their pocket watches. Or, rather, is a winkle more like Achilles, an ancient hero, throwing himself toward death for the sake of glory? For Nicolson, who writes with scientific rigor and a poet's sense of wonder, the world of the rock pools is infinite and as intricate as our own. As Nicolson journeys between the tides, both in the pools he builds along the coast of Scotland and through the timeline of scientific discovery, he is accompanied by great thinkers—no one can escape the pull of the sea. We meet Virginia Woolf and her Waves; a young T. S. Eliot peering into his own rock pool in Massachusetts; even Nicolson's father-in-law, a classical scholar who would hunt for amethysts along the shoreline, his mind on Heraclitus and the other philosophers of ancient Greece. And, of course, scientists populate the pages; not only their discoveries, but also their doubts and errors, their moments of quiet observation and their thrilling realizations.



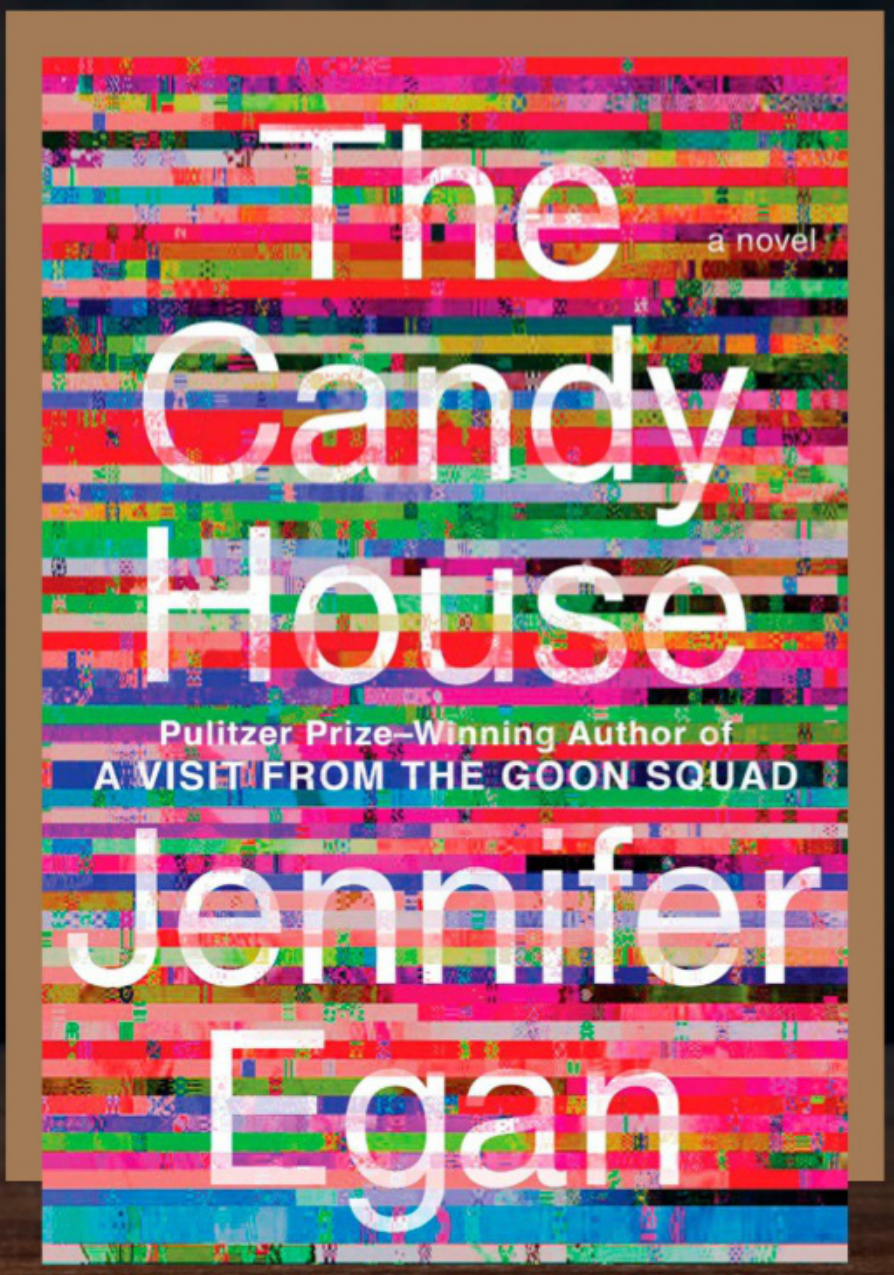
The Naked Don't Fear the Water, Matthieu Aikins

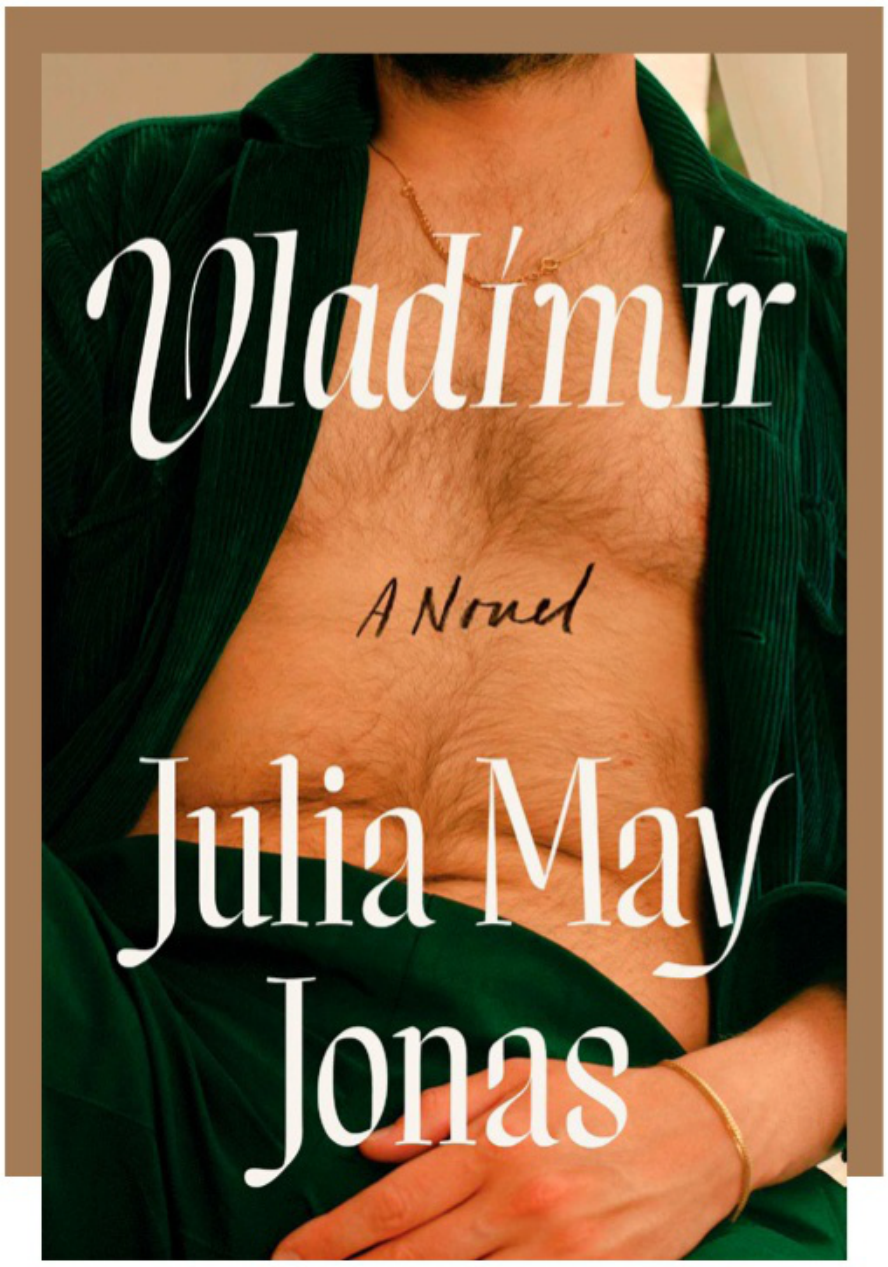
In this extraordinary book, an acclaimed young war reporter chronicles a dangerous journey on the smuggler's road to Europe, accompanying his friend, an Afghan refugee, in search of a better future.

In 2016, a young Afghan driver and translator named Omar makes the heart-wrenching choice to flee his war-torn country, saying goodbye to Laila, the love of his life, without knowing when they might be reunited again. He is one of the millions of refugees who leave their homes that year. Matthieu Aikins, a journalist living in Kabul, decides to follow his friend. In order to do so, he must leave his own passport and identity behind to go underground on the refugee trail with Omar. Their odyssey across land and sea from Afghanistan to Europe brings them face to face with the people at the heart of the migration crisis: smugglers, cops, activists, and the men, women, and children fleeing war in search of a better life. As setbacks and dangers mount for the two friends, Matthieu is also drawn into the escape plans of Omar's entire family, including Maryam, the matriarch who has fought ferociously for her children's survival. Harrowing yet hopeful, this exceptional work brings into sharp focus one of the most contentious issues of our times. The Naked Don't Fear the Water is a tale of love and friendship across borders, and an inquiry into our shared journey in a divided world.

The Candy House, Jennifer Egan

Arguably one of the most anticipated books in a long time, The Candy House by celebrated author Jennifer Egan completely lives up to the hype and expectation, a wonderful novel about the memory and quest for authenticity and human connection. The Candy House opens with the staggeringly brilliant Bix Bouton, whose company, Mandala, is so successful that he is "one of those tech demi-gods with whom we're all on a first name basis." Bix is forty, with four kids, restless, and desperate for a new idea, when he stumbles into a conversation group, mostly Columbia professors, one of whom is experimenting with downloading or "externalizing" memory. Within a decade, Bix's new technology, "Own Your Unconscious"—which allows you access to every memory you've ever had, and to share your memories in exchange for access to the memories of others—has seduced multitudes. In the world of Egan's spectacular imagination, there are "counters" who track and exploit desires and there are "eluders," those who understand the price of taking a bite of the Candy House. Egan introduces these characters in an astonishing array of narrative styles—from omniscient to first person plural to a duet of voices, an epistolary chapter, and a chapter of tweets. Intellectually dazzling, The Candy House is also a moving testament to the tenacity and transcendence of human longing for connection, family, privacy, and love.



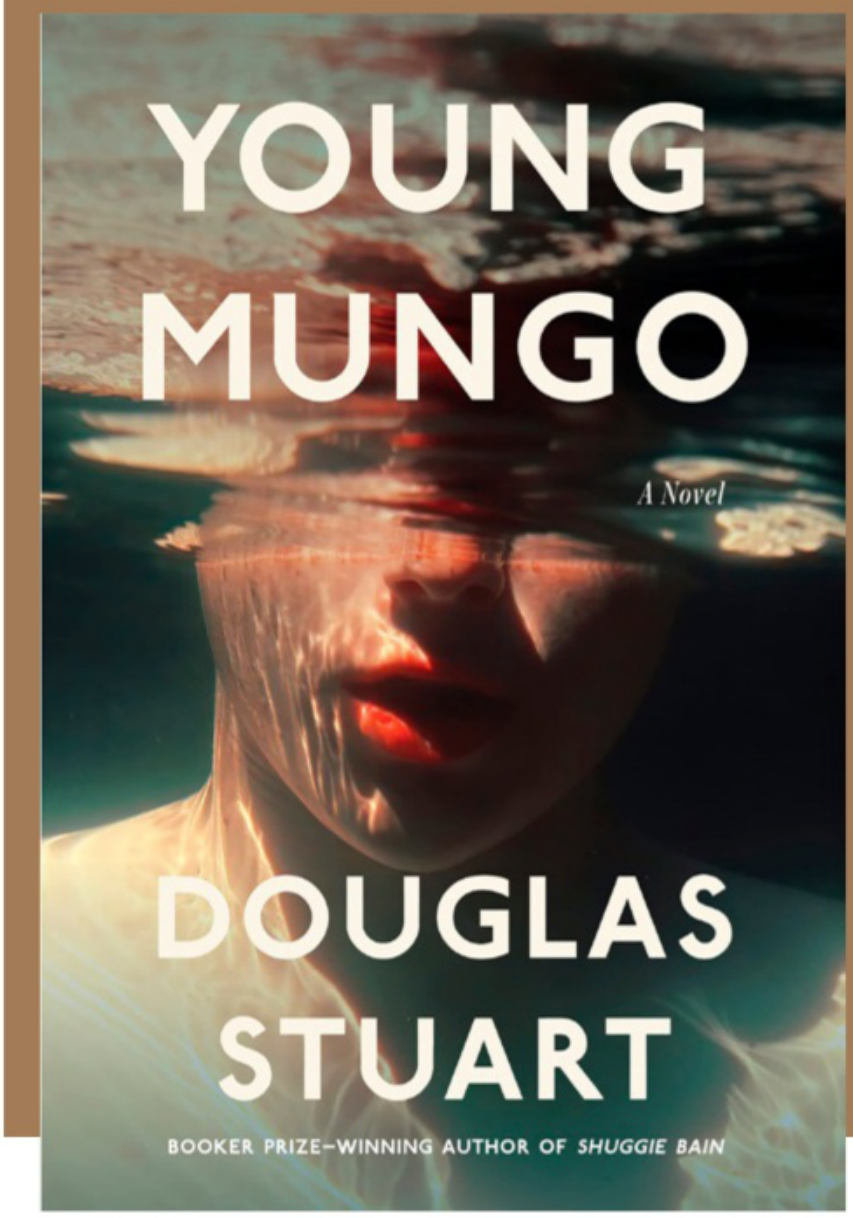


Vladimir, Julia May Jonas

One of the best debuts in recent History, Vladimir by Julia May Jonas is a provocative and razor-sharp read. Vladimir sees a popular English professor whose charismatic husband at the same small liberal arts college is under investigation for his inappropriate relationships with his former students. The couple has long had a mutual understanding when it comes to their extra-marital pursuits, but with these new allegations, life has become far less comfortable for them both. And when our narrator becomes increasingly infatuated with Vladimir, a celebrated, married young novelist who's just arrived on campus, their tinder box world comes dangerously close to exploding. With this bold, edgy, and uncommonly assured debut, author Julia May Jonas takes us into charged territory, where the boundaries of morality bump up against the impulses of the human heart. Propulsive, darkly funny, and wildly entertaining, Vladimir perfectly captures the personal and political minefield of our current moment, exposing the nuances and the grey area between power and desire.

Young Mungo, Douglas Stuart

Douglas Stuart's first novel Shuggie Bain, winner of the 2020 Booker Prize, is one of the most successful literary debuts of the century so far. Now Stuart returns with Young Mungo, his extraordinary second novel. Both a page-turner and literary tour de force, it is a vivid portrayal of working-class life and a deeply moving and highly suspenseful story of the dangerous first love of two young men. Growing up in a housing estate in Glasgow, Mungo and James are born under different stars, Mungo a Protestant and James a Catholic. Yet against all odds, they become best friends as they find a sanctuary in the pigeon dovecote that James has built for his prize racing birds. As they fall in love, they dream of finding somewhere they belong, while Mungo works hard to hide his true self from all those around him, especially from his big brother Hamish, a local gang leader with a brutal reputation to uphold. And when several months later Mungo's mother sends him on a fishing trip to a loch in Western Scotland with two strange men whose drunken banter belies murky pasts, he will need to summon all his inner strength and courage to try to get back to a place of safety, a place where he and James might still have a future.



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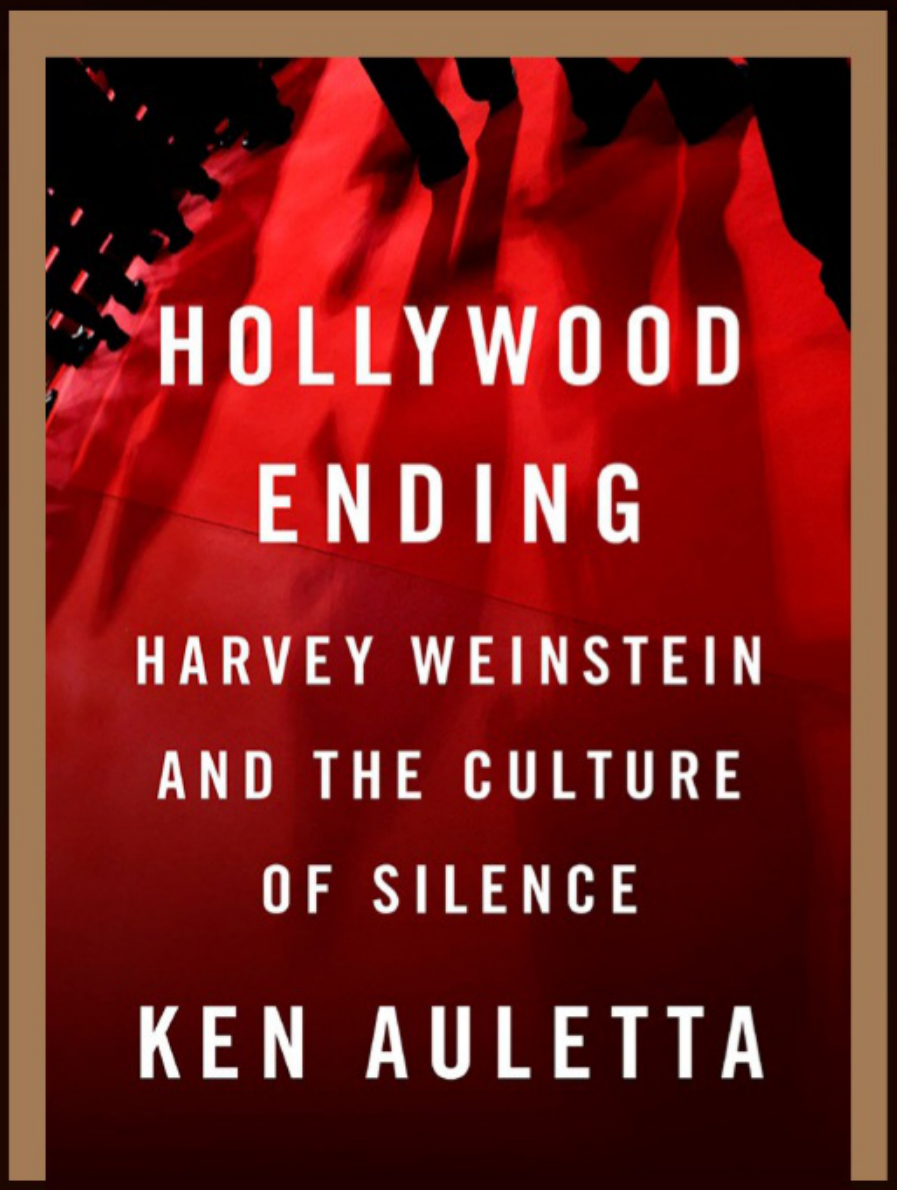
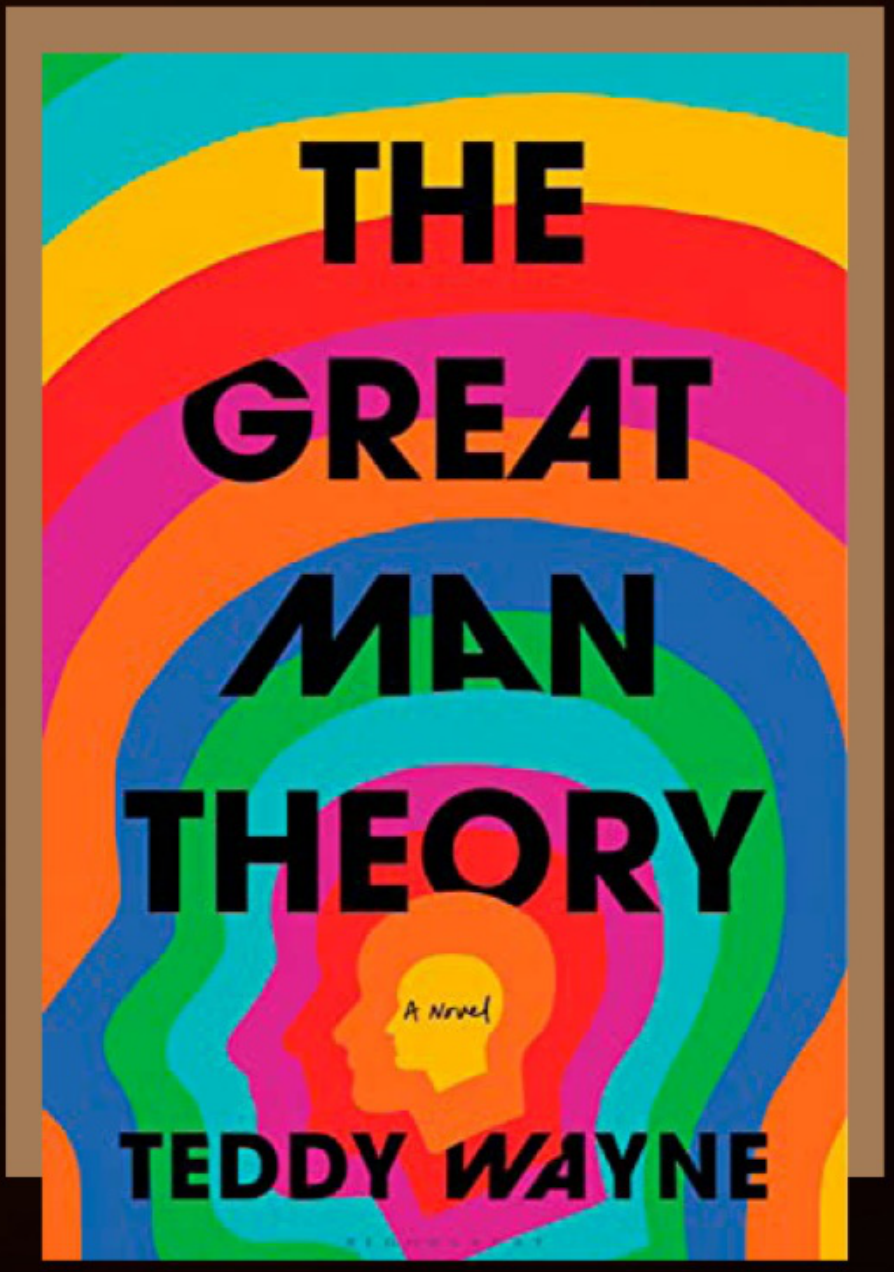


Hollywood Ending: Harvey Weinstein and the Culture of Silence - Ken Auletta

The sordid history of Harvey Weinstein might have made worldwide news, yet the true horror of this monster is still relatively unknown to the masses. However, with Ken Auletta's wonder and disturbing biography of the man himself will leave people speechless. In pursuit of the answers, Auletta digs into Weinstein's life, searching for the mysteries beneath a film career unparalleled for its extraordinary talent and creative success, which combined with a personal brutality and viciousness to leave a trail of ruined lives in its wake. Hollywood Ending is more than a prosecutor's litany; it is an unflinching examination of Weinstein's life and career, embedding his crimes in the context of the movie business, in his failures and the successes that led to enormous power. Film stars, Miramax employees and board members, old friends and family, and even the person who knew him best, Harvey's brother, Bob, all talked to Auletta at length. Weinstein himself also responded to Auletta's questions from prison. The result is not simply the portrait of a predator but of the power that allowed Weinstein to operate with such impunity for so many years, the spiderweb in which his victims found themselves trapped.

The Great Man Theory - Teddy Wayne

From acclaimed, Whiting Award-winning author Teddy Wayne, the hilarious, incisive, yet deeply poignant story of a liberal armchair-revolutionary desperate to save America from itself. Paul is a recently demoted adjunct instructor of freshman comp, a divorced but doting Brooklyn father, and a self-described "curmudgeonly crank" cataloging his resentment of the priorities of modern life in a book called The Luddite Manifesto. Outraged by the authoritarian creeps ruining the country, he is determined to better the future for his young daughter, one aggrieved lecture at a time. Shockingly, others aren't very receptive to Paul's scoldings. His child grows distant, preferring superficial entertainment to her father's terrarium and anti-technological tutelage. His careerist students are less interested than ever in what he has to say, and his last remaining friends appear ready to ditch him. To make up for lost income, he moonlights as a ride-share driver and moves in with his elderly mother, whose third-act changes confound and upset him. As one indignity follows the next, and Paul's disaffection with his circumstances and society mounts, he concocts a dramatic plan to right the world's wrongs and give himself a more significant place in it.



PAUL
HEYMAN
GIRL.

SOPHISTICATION

DANIELLA Chavez

Model @daniellachavezofficial
PR LSA | @leo.alderman @lsapublications
By Noah Karlsson

I'M A
PAUL
HEYMAN
GIRL

FHM

Shocks The World of Sports

Daniella Chavez has turned the entire world of sports upside down with her bid to purchase the O'Higgins FC soccer team. The stunning blonde bombshell, born in Chile, is world famous for being an internationally desired Playboy Playmate and #HustleBootyTempTats supermodel.

In fact, in a move that would obviously make #HustleBootyTempTats supermodel brand creator and industry disruptor Paul Heyman proud, Chavez has garnered global attention for her attempt to become the team's new owner. The super sexy influencer, whose Instagram account has almost 17,000,000 followers, turned to OnlyFans, the exclusive online platform where fans can purchase content, to raise funds in hopes of raising enough money to make a serious offer for the Chilean club, which currently plays in the Campeonato Nacional league.

"I found out O'Higgins is for sale, and I started a campaign to raise the nearly $20 million," Chavez explained.

While O'Higgins FC's owner, Ricardo Abumohor has refused to comment on Chavez's move, one cannot take this as a publicity stunt. In fact, Chavez has started posting her OnlyFans earnings on social media, and she's already raised over $8 million towards the sale.

"Daniella Chavez is someone to be taken seriously," noted reporter Antonio Abbassio, who worked with Daniella on some features for the Heyman Hustle website. "She's ambitious, driven, wickedly smart, and has put together a social media empire that picks up more and more momentum every single day."

"When we posted her first set of #HustleBootyTempTats supermodelphotos, she crashed our server and both our backup servers," Abbassio laughed. "Her ability to rally a worldwide fanbase is second to none! If Daniella Chavez has her sights set on purchasing the O'Higgins FC soccer team, someone better start looking to hire a new decorator for the owner's suite!"

PAUL
HEYMAN
GIRL.

Affairs of the Heart

A nutritional guide to elicit nookie

By Ian Kirke | Twitter @ianjkirke

An affair should be, I assume, a combination of lurid lust, scintillating sex, frenzied fantasy, and riotous risk. The pulsing of the typically in and out experience, with secrecy secured by perhaps a preference for a backdoor entry, requires an energy that needs a ready supply of literally and metaphorically fucking fuel. So, what are the best sources of immediate power for the prolonged periods of physical passion? What ingredients will complement the comings and goings whilst simultaneously supporting the stiffness of the endeavor? What is the calorific value of a climax? There was only one place to start my investigation – with the psychology and physics of fucking.

Trawl the internet and you will find list upon list detailing why people engage in affairs. As an academic I am minded to trust source data rather than salacious sentiment, but there is, I assume, always a place for the latter, especially once you have engaged in an affair. I also prefer concise lists – if you like, a wham bam thank you ma'am synopsis. Doctor R. Scott Gornto, therapist, writer, and relationship guru, contends that there are three main reasons for engaging in an affair and, after fifteen years in the field with the sun no doubt on his back, who am I to disagree. Primarily, the fantasy of it all is compelling. As the good Doctor puts it, "The affair partner is simply a construct, a made-up image someone, they imagine, who will meet their every need."

Secondly, an affair is a convenient mechanism for gaining outward endorsement of attractiveness and sexual prowess, especially if you are advancing in years. Every morning, whilst looking at my Kojak profile, I regularly utter the immortal line, "Who loves ya, baby?" But what if this self-proclamation isn't enough? As the guru doc speculates, "Who doesn't like someone telling them they look or smell good, or confirming that another

person is attracted to them? Who doesn't like to feel that someone values them? Again, many individuals that have an affair are not "falling in love" with the other person; they are "falling in love" with this new, wonderful image of themselves an image that's receiving praise and external validation."
Finally, you can get addicted to falling in love. In the words of Robert Palmer "It's closer to the truth to say you can't get enough, You know you're gonna have to face it, you're addicted to love."

As the good doctor concludes, "an individual can get hooked not on the person, but on the feeling," caused by the tsunami of pleasure chemicals – dopamine, adrenaline, and serotonin – released when they're with that person.

Turning to the physical side, according to a 2005 empirical study a typical shagging session lasts between thirty-three seconds and forty-four minutes, with the average hump lasting a little under five-and-a-half minutes. Furthermore, in a latter study a sample group of sex therapists were asked to draw up a libido league table. In a nutshell, they came (not necessarily at the same time) to the following conclusions:

- lasting under three minutes warrants clinical concern
- lasting three to seven minutes is "adequate"
- lasting seven to thirteen minutes is "desirable"
- lasting ten to thirty minutes is "too long"

These explicit excerpts made me reflect – firstly, I was glad that my own prowess was on the continuum (including turning the lights off and removing my clothes) and secondly, how the fuck do I become a researcher on these trials?
Of course, duration will determine how many calories are ultimately burned off, but Doctor Olga Adereyko makes some important observations. For example foreplay. Her pillow talk is convincing, "The longer you stay engaged in physical activity and maintain an elevated heart rate, the more calories you'll gobble up." She also concludes that different sexual positions (there are more than one?) can be a fundamental fucking factor. "Incorporate some physically ambitious sexual positions, such as woman-astride or reverse cowgirl. These offer your thighs a good workout, especially after several minutes of using your quads to move up and down. Bump up the intensity by straddling your partner while standing instead of kneeling or sitting. They can lay down on an ottoman or workout bench as you stand over them and control the rhythm of movement in and out. This mimics a squatting exercise and works your quads, hammies, and glutes."
Not wishing to challenge her clinical research, but I would balk at using an ottoman since the only person I know who has one of these is my mum's seventy-plus neighbor Barbara – but that's another story!

As a general rule of thumb Doctor Uchenna Ossai, a pelvic health physical therapist and condoms sex educator (what a business card she must have) concluded that the typical male burns off around four calories a minute, whilst the regular female expands around three when they climax. The thirty-three and third uplift for us men is down to bragging about it afterward on social media, farting and scratching our balls.

Getting to the crux of fuelling those clandestine fucks, what should you consume to help replace those spent calories and cover your tracks? Remember that all sweetmeats have a distinct odor. According to foodie and nutritional nut Dana Leigh Smith you had better pack away the following six erotic essentials:

Spinach – Increases blood flow to the erogenous zones. Nature's own Viagra. No wonder Olive Oyl always had a smile on her face when semen boyfriend Popeye popped his can.
Green tea – Swimming with catechins that accelerate blood flow the ideal hot drink to keep the fires burning.

Red wine – A proven libido lubricant that will also calm the nerves, especially if your partner removes a large butternut squash and lube from their holdall halfway through your tryst.

Fatty fish Omega-3 fatty acids help your heart rhythm and boost dopamine levels in the brain causing atmospheric arousal.

Steak or burgers – The need for iron isn't just for the man. Its rapid absorption into the bloodstream gives you the energy to keep on going and going and going some more. Eating meat has never been more important in more ways than you may think.

Dark chocolate – The fabulous flavonoids inside dark chocolate reduce stress levels and relax blood vessels; but beware, brown stains on the linen is never a good look.

So, there you have it – the ultimate guide to nosh and nookie.

But be careful. If your partner adds the above foodstuffs to the weekly shop for their weekend away with 'friends,' it isn't necessarily proof that they are having an affair; however, if they bundle this up with a self-build ottoman it's pretty damn conclusive!

Happy shagging!

GIVING THE HEAVE-HO TO INHIBITION

An interview with dominatrix Eva Oh.

By Ian Kirke | Twitter @ianjkirke

Having often reflected upon my own sense of Britishness I must confess that I am still wholly confused as to why, on the one hand, we appear to have had such an influence on the rest of the world yet, on the other, have in my humble opinion excruciatingly maintained a set of values that hark back to the Victorian era; let me qualify this observation.

The English language is the global dialect of business with 1.75 billion people able to speak it to a useful level, according to the Harvard Business Review. That's nearly a quarter of the world's population. In our infamous history, we have occupied umpteen countries, and at its height the British Empire was the biggest territory ever, stretching across a tad under twenty-five percent of the earth's total landmass. So, one could deduce that our Indigenous population would be pretty cosmopolitan and broad-minded towards all manner of cultural curiosities and ways of life, especially those of a sexual nature. But I hate to disappoint those of you originating outside of these peculiar isles by categorically affirming that we aren't! We still haven't figured out a chilled attitude towards sex, even though some would argue that during our colonial days we fucked many nations over, and as I write we are doing the same to ourselves as we negotiate a regressive regime of marginalizing ourselves from our near neighbors.

The Victorian era is blamed for much of this warped mindset, although to be fair to Queen Victoria she often wrote saucy lines in her personal journal about her husband Prince Albert, whose name has become immortalized as a penis piercing. During her reign, gynecologist Dr. William Acton in his 1857 bestseller, "The Functions and Disorders of the Reproductive Organs" proclaimed "the majority of women (happily for them) are not very much troubled by sexual feelings of any kind," probably representing the general flawed attitude of the time to our natural sexual urges and desires.

Many of us Brits have found it difficult to break these chains of sexual subjugation, although our humor continues to mock our unease at any sexual activity that requires the light to be left on or have more than two adults in the same room. We remain the outright champions of vulgar talk where our reproductive organs and those that are only bared within the confines of the loo provide a tapestry of mirth and innuendo. I challenge any nation to construct a funnier fart, fanny, or fuck joke than us!

It is therefore my duty to push the boundaries for all inhabitants of the United Kingdom in order that we can enjoy the sunlit uplands of erotica (and for my British readers this isn't a town in Essex). And what better companion to join me on this campaign than award-winning international dominatrix Eva Oh.

However, it wouldn't be British to jump straight in without an introduction, from the safety of my lectern, and without acknowledging my own position on the continuum of carnal activity. In a nutshell, the British scale commences at "behave!" to "are you sure no one can hear us?" to vanilla, then often into territory we can only ever fantasize about. Personally, I guess I am Viscount Vanilla with a little extra topping; also, I don't like the cold or pain.

My guest Eva Oh, also known as 'Mistress Eva,' is an international professional and lifestyle dominatrix. She is the winner of the 'Sex Worker of the Year' Sexual Freedom Award and the face of the 2022 German Fetish Ball. Eva's professional career has also spanned the industries of strategic development, ethnographic research, sustainable design, social work, production, and performance art.

Eva, please tell me a little about your early life, since I am guessing it's unlikely that becoming an international dominatrix was a career choice at school? A glorious smile immediately erupted across Eva's face. What had I said that was so funny? But it wasn't any of my doing – more of a cathartic release from my charming plus one. "How wonderful it would be if schools were more versed in speaking about sexuality!" I couldn't argue with that, although following my crayon-eating days in primary school, my sex education lessons in the more grown-up world of junior education were, as I recall, littered with sniggers and swathes of juvenile awkwardness.

"I grew up across Asia, Australia, and Europe. I think all that change widened my mind to possibility, which landed me in many industries until I found the one that currently sticks sex work in professional domination and fetish. It's been with me the longest over a decade now whilst other choices have entertained me for shorter periods of time." Perhaps Eva had unwittingly identified a source of the British discomfort with pleasures of the flesh in that our island mentality, enhanced by our visions of yesteryear grandeur on the global stage, had conditioned us to the order of things rather than to experimentation. Certainly, Eva's upbringing had been instrumental. As for me, I had only left my place of birth, aged eighteen, when Julie and I traveled to Austria by frigging bus. How

typically British was that? Mayrhofen was where the boy became a man. As for kink, I think Julie allowed me to kiss her below the neckline, although to be fair it was all a bit of a blur. The cup of tea afterward was very refreshing.

What was the trigger point that propelled you towards your ultimate destiny? "I was frustrated with strategic consulting for Fortune 500 companies who were more concerned with manipulating the masses for profit than taking wellbeing into account. I used to do contract-based jobs and thankfully that naïve realization didn't have time to set in. When the probation period at my first permanent position cropped up, I realized that a definite change was needed."

Blimey, I recall being frustrated in my first job, but I only ever summoned the courage to ask Mr. Purdy for a new office chair. I pushed Eva further.

"That's when the suggestion of a previous partner cropped up. He

jokingly mentioned that my assertive communication style would be of benefit to becoming a dominatrix. I Googled it and now here I am."

Eva's swift pragmatism reminded me of one of my earliest journeys into the land of Google; I got more than I bargained for when searching "Egyptian mummies," whilst supporting my daughter with a school project. Having said that, Farida from Cairo was a stunner.

What skill set did you have to demonstrate to achieve the status of 'Sex Worker of the Year'? "I'm not exactly sure what guidelines the jury of Sexual Freedom Awards abides by for this specific category." However, Eva did signpost me to the awards procedure page which, amongst other regulations, proclaimed that friends of nominees would have to pay the full ticket price, with one important concession – "The only exception to this are finalists in the Striptease categories, who are entitled bring a friend to the Ceremony for free to help them dress."

Eva added, "But looking at previous winners it seems that there is a commonality of empathy, self-determination, and innovation."

The German fetish ball sounds intriguing – what goes on and can I get a press pass for next year's event? Eva explained, "The German Fetish Ball is an international coming together of the world's fetishists. I would say that it's a latex-heavy crowd and I always adore seeing what people are wearing across the course of the week's parties, gatherings, and conventions. There is a play-heavy evening at Kit Kat during the week, but it is mostly a chance for international kink professionals and regional enthusiasts to dance, laugh, and descend upon Berlin."

It all sounded very jovial and if there was a buffet I was definitely interested. Eva picked up on my obvious enthusiasm and candidly said, "Email them for your pass!" With Eva now on my contact list I guess the opportunity is just a click away.

What does a dominatrix offer and are there limits? Eva, ever matter of fact, explained, "A dominatrix offers a service for a set period of time that indulges the client in fetish and kink play and fantasy. The dominatrix creates an experience, and each will have their own set of limits that could include the refusal of specific services that they won't be interested in offering." As an educationalist, I concluded it was very much like an adult learning contract based on needs, fears, and expectations. Remember that I'm not up for the cold or pain. Other than that, I would even be prepared to take

my socks off.

I was in Sydney three years ago but didn't come across Salon Kitty. Please tell me more about this center of excellence.

"Salon Kitty's had been around for decades, but I was a part of the final generation. They closed about two years into my career, which was sad but what the owners were looking for and a good propulsion for my independence."

"From memory, Salon Kitty's had two separate locations. They started in King's Cross and moved to Redfern, Sydney under different management. When I was there, Head Mistress Amanda was in charge. There were multiple rooms with different themes to service different scenarios that included a massive red dungeon, a smaller colder brass dungeon, a pink sissy bedroom, a mirrored cross-dressing room, and more. It was home to so many legendary Mistresses who still work independently today. Being around them was an honor and taught me so much."

For obvious reasons, I wouldn't be checking out any brass dungeons in the near future.

Do you offer your services to both sexes and, if so, generally who are the most adventurous? The inclusiveness was reassuring, "All genders are welcome, and the adventure lies in the openness and curiosity of the individual's personality. It's not possible to exactly determine what swims in people's depths upon initial sight." Now there was an intriguing prospect – how deep is my sexual curiosity? And maybe having an experienced guide would be of immense practical benefit. The thought of plumbing the depths of my own fantasies was an uplifting experience in more ways than one.

What's the strangest request you have ever had – and did you agree to it? My obvious desire f vicarious titillation was parried by Eva who wasn't in the mood for offering up a cheap thrill. Ever the consummate professional she replied, "When it comes to specific kinks, I don't find anything strange. I do find it most puzzling and rather unfortunate when people run from their desires." And who – other than a repressed soul – could argue with that statement?

Since I am British with decades of sexual repression ingrained within my DNA what would you offer me as an entry-level session? "I enjoy seeing how people react to me during the initial approach it tells me the most about where they may like to explore or of what they are afraid. My personality is more self-assured and assertive. Often, it's more than most people come across so meeting me usually opens up a lot. That said, when I do indulge those new to kink, I may simply take them into some light bondage and tease-edged torture as I talk about their reasons for being in front of me."

This narrative was extremely comforting, but where I'm concerned nipple clamps need to be warmed first.

In your opinion which nations have the healthiest attitudes towards your sexual expressions?
Eva's disclosure came as a complete surprise, "I actually have the most fun playing with my community in London. I understand that it is not an indicator of the average but their raging debauchery is what I enjoy most." It made me feel immensely proud that there are some decadent Brits in the midst of the mundane. My glorious guest continued to gush, "In terms of healthily speaking about sexuality and giving themselves time to explore their own, I might say that some cities in Northern Europe may rank higher but overall I still feel that there is a long way to go."

And conversely, which are more inhibited? "I feel most restricted overall in Asia, Africa, and the Middle East; also, as a dominant woman in southern Europe and South America."

During your monthly Instagram live chats, you have covered some varied terrain including BDSM (bondage, domination, sadism, and masochism) and religion.

Could you tell me more about this particular conversation? Eva adopted a more reflective mood, "This conversation has definitely evolved since that original question and answer session, but essentially there could be some parallels drawn from both."

"Considering why people are drawn to religion or BDSM, be it by direction, community, or purpose and how they gain from it be it ritual, sacrifice, aesthetic, iconography and the rules that it creates. It's not a small conversation! But it's a fun one to indulge in. People seek similar purpose feelings of safety and belonging, no matter the object of focus." Eva paused for a moment before concluding, "And the rituals and iconography of both religion and BDSM have a lot to show us about how to inject meaning into our life experiences. Different yet similar." I found myself nodding, although not quite grasping why, since both spheres seemed light years apart.

You created the world's first BDSM slave training platform – how does this work? "youwillpleaseme.com is my online play space where submissives can learn how I enjoy being served through

online courses involving daily tasks. It's quite simple and anyone can sign up, anytime, anywhere, and engage with me. They get to learn about me and how I practice BDSM, and in turn, they will learn about their own submission, whilst indulging in play and getting closer to me following each task."

Your first film 'Grief Encounter' premiered on Erika Lust's XConfessions channel in 2022.

Tell me a little about the plot (without giving the game away) and when can I audition for the sequel? "I regularly spoke with writer Kitty Drake over three years and 'Grief Encounter' is what emerged. It is a film about sex, death, and grief where my character has discovered that she enjoys relishing in the toying of men experiencing grief. She moves from funeral to funeral discovering her prey and lures them back." This production sounded dark, although the only way to judge was to watch it. Eva added, "You may email the wondrous director Ellen Pearson for an audition."

In terms of sexual education, if you could have one wish granted what would it be? "That everyone in the world receives it, starting with the understanding that they have sexuality and that it is individual, not static, and belongs in aconsensual conversation. I think that if things were so openly on the table for everyone, we could have a constructive dialogue that would be more beneficial than repression." And who could argue with that wonderful logic?

As I brought things to a close I reflected upon my own inhibitions, born out of the nudge-nudge, wink-wink culture that my British upbringing had forced upon me, and I wondered how different things may have been if the exploration of all things intimate, stimulating, and pleasurable had mirrored my natural ability to moan – a compulsory trait in this corner of the world. The complete yin and yang. As superstar rocker Robbie Williams – born and bred in Stoke on Trent, England wisely said, "The thing about drugs and sex is that you lose all your inhibitions. I've had sex in trains, planes, wine bars... and quite a few car parks!" Although I can claim two of those outcomes, why would the others necessarily have to be sparked by the use of narcotics? I envied Eva, yet instinctively knew that the key to the hitherto darker side was now only a call away.

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FHM

EXHILARATING

Sofie MARIE

Model @YummySofie

Photography by Miles Long | @MilesLong4Real
MUA Wendy Doyle | @gypsecouture

Such an absolute honor to have you on FHM! What are your plans for the rest of the year? What a thrilling experience to be in FHM! I spend my days shooting content for my websites and connecting with my fans. I have some really exciting and sexy videos coming out soon. I have and will continue to put in the work to make the best content I can for my fans.

What are you most looking forward to this year? This year has really been great fun for me so far, and the rest of the year looks to be even better. I have been fortunate to work with some amazing people and create awesome content. Producing my videos and posing for photos for my fans is a passion of mine; growing my company, Yummygirl is my main personal goal. I hope that my creative efforts continue to please.

Top 3 best moments of your career? As a young athlete, I focused on volleyball, and I received D-1 Scholarship to the University of Southern California for Volleyball. For my honeymoon, I raced and finished an Ironman Triathlon (140.6 miles) I am still shocked and flattered to. Have received AVN nominations for my work. As a newer performer and producer was a nice surprise, and the honors from AVN and XBIZ have exceeded my expectations, but I do want to continue to be recognized for creating high-quality entertainment.

What would you say is your signature look? Most of the time I am wearing a micro bikini. I am a big Wicked Weasel bikini fan, and modeling for their fan page, Microminimus 9 years ago, which is how I started my modeling and acting career!

What is the fastest way to get a smile on your face? Smile at me! I love to be happy and laugh, so join me!

What are some of your favorite outdoor activities? I love to run outside with my music in my ears. I love my hikes in the wilderness with my husband and dog. Being nude at any warm beach, anywhere!

3 ultimate deal breakers when it comes to men? Bad breath, bad teeth and dishonesty.

Never have I ever... Well, before I became an adult actress, that would have been a long list! Now, it's a bit shorter, hehe. I still need to join the Mile High Club, and go to Australia for a long holiday. Maybe I should check those 2 "Nevers" off my list soon?

Top 3 myth busters when it comes to models? We think we are hot. We are really just like every other girl. I am shy, really, and people can perceive quiet for 'stuck up', but I am very down to earth. We think we are skinny. We may be thin, but we see ourselves like most people do...with a focus on our flaws. It's too bad, because we should be nicer to ourselves! We don't eat a lot, haha...I eat a ton of food!

What is the best way to approach you as an admirer? Smile, and come over and say hi and be polite! I would love to meet you.

Where can our readers catch up with you and stay updated with your work? Follow me on my socials, Twitter @wickedyummy1 and IG @Yummysofie. All of my videos and modeling photos are on SofieMarieXXX.com on the Yummygirl.com Network.

We are so happy to have gotten to know you a little bit! Any last words out there for our readers? I do love to hear from my fans whether it's for chatting, discussing stories for videos, or about my workout regime, so please say hi. I am just a regular nice girl!

OPEL'S UNITED NATIONS

A refreshing blend from the Stellantis Group gives Opel new personalities

The Mokka returns

Not that you'd easily recognize the new from the old, such is the metamorphosis that Opel has undergone in a bid to lose some of the former's chubbiness and replace it with toned athletic muscle. It looks like it might be championing some form of next-generation EV architecture. Simply put, the Mokka immediately makes a bold statement in a mosh pit of new contenders, all separated by very fine details.

Does it still have its German roots?

Far from it. In fact if you dare trace the Mokka's ancestry you need to look far and wide through the Stellantis Group. To create the Mokka, mechanical recipes and digital know-how from all corners have been combined and while that has inevitably led to some core dilution of the Opel brand as we use to know, it does yield some exciting chemistry along the way.

Range anxiety?

On more than one occasion, perplexed onlookers had difficulty identifying the Mokka as an Opel, but then proceeded to regale fond memories of the brand. The next query was aimed at the powertrain; the full black grille closed off to airflow is typical of new-fangled, EV style language, although in this instance, such assumption is incorrect.

From every angle the Mokka represents a chiseled and defined newcomer with assertive creases that help it to branch away a family tree that has seeded models such the Peugeot 2008 and various other Citroen models hewn from the modular CMP platform. We think it's one of the most confident looking compact utility vehicles on the road, while the aggressive hot hatch styling mixed with futuristic cues should endear it to the younger generation.

Punchy Petrol

Contrary to the EV visuals, the 1.2-litre engine is one of the noisier units we've come across but also one of the strongest in terms of overall output. Put the car into Sport mode, and that engine noise transforms into a deeper burble that is probably more influenced more by the sound system than the twin pipes.

Performance is genuinely fun, as if some of Stellantis-owned Maserati DNA has accidentally rubbed off on the Mokka.
We don't usually get to mention performance as a highlight for cars of this ilk but the Mokka's agility around town kept us thoroughly entertained, much like a 90s hot hatch fizzing up to highway speeds. No complaints with the gearbox either and those paddles behind the wheel keep the engine in the heart of the performance curve.
The chassis is a good match to the engine. It relishes the power being sent to the front wheels and keeps a firm grip on proceedings. Opels have always been good handling cars with a penchant for corners and despite all the platform sharing, that driver enjoyment still shines through. The balance between sporty handling and comfort on a back road is well judged with moments to savour on the daily commute

Squeeze inside

It was only during the school run where I noticed that children's knees were pressed into the backrests and despite sliding the front

seat forward a few more inches, rear passenger comfort barely improved. It's not something I'm used to seeing, especially from a car that ostensibly is chasing after young families armed with prams and other bulky child care. The boot doesn't compensate for that cramped rear legroom either, and is one of the smallest in class.

The IT Crowd

Tech has taken what seems like a gargantuan leap considering that the last Opel we tested would have likely made a big fuss about USB ports. Now the new Mokka even serves up those for rear passengers, and the wirelessly charging pad threatens to make those redundant!

The Mokka makes it possible for those on a tight R500 000 budget to experience technologies that aren't very different from the systems fitted to car's costing double. Lane departure warning is further assisted by lane keep assist and adaptive cruise control and the screens up front and centre can all be personalised, through various profiles. Once you have Apple Carplay or Android Auto connected, the car's entire cabin feels a bit more connected and instantly up to date with the latest trends and app services. It's no longer groundbreaking stuff – the Chinese brands have taken the lead there - but it matches expectation.

Away from the tech, the Mokka's cabin deserves credit for its solid build quality and little attempts, through different materials, to inject some modern design touches that help you overlook some of the cheaper materials. Buttons are pleasant to use and you don't need to go searching through the manual to understand their function.

Verdict

The Opel Mokka It is inspired by so many thoughts and ideas, yet brings a lot of cohesion and stability to the Stellantis Group. French flair, Italian emotions as well as a few drops of Opel's past German engineering are used to desirable effect. The powertrain and specification hits the sweet spot but that sharp styling does compromise practicality in a rather severe way and remains something of a mystery to us.

Pawan Dhingara

"The Mokka's agility around town kept us thoroughly entertained"

MISSILE LOCK

Lap records are expected to tumble with latest sixth generation Honda Civic Type R

Honda has slipped off its meds again. A run of fairly numb, economical SUVs that place driver enjoyment right at the very rung of the engineering ladder seemed it would continue indefinitely. Then Honda does an unexpected U-turn and shows the world why it's still a force to be reckoned with when it comes to building a hot hatch.

Honestly we weren't sure there would be a new Civic Type R. Firstly it's extremely niche and sells a fraction of what VW manages to do with the GTi – blame the manual shifter and toothy styling. And secondly, recent Hondas are perusing an EV direction, far removed from the turbo charged unit hiding under the bonnet of the new Type R. So we breathe a sigh of relief that the new one has overcome the odds stacked against it and only sets out to refine one of the most enthralling hot hatches of the modern era.

The 2.0-litre turbo charged engine looks identical to the outgoing model but because they have played around with the turbo and exhaust system, a few more wild horses have been coaxed back under the bonnet. We don't know the exact number yet – Honda's rather lengthy press release is amazingly shy on stats but big on visuals – but it's enough to be called the 'most powerful Honda Civic.' It already was one of the most powerful of its breed – ousted only by models like the A45 AMG – and anything more starts to exceed traction in a front-wheel drive hatch.

Fortunately that doesn't seem to be much of an issue here; the new Civic Type

R lapping the Suzuka circuit in record time although we'll need to wait for its run at the Nurburgring until we know its true credentials in hot hatch hierarchy.

We also are drooling at the prospect that Honda believes it has found ways to improve the six speed manual gearbox - a gearbox that has been the benchmark in terms of weight and precision for more than a decade. Just how one could possibly make it better is intriguing. Other improvements are perhaps not quite as remarkable, but they are nerdy details like the fact that the seats are now made using a more slip-resistant fabric so you won't slide around when pulling serious G Forces. Can't remember that being a problem in the old car but then again we haven't tried leaning on the new stickier Michelin Pilot Sport 4S rubber that has been fitted to the latest model. It'll need it in order to take the fight to the all-wheel drive hatches that sacrifice some purity for unmatched wet weather handling. With a better power to weight ratio and a brake system that should withstand more punishment at high temperatures, the new Civic Type R only needs more tech in order to be better in every way. Making sure the importance of driver connectivity isn't left in the past is the uprated system revealed recently in the Civic e:HEV. It packs a 10.2in digital screen and all the modern safety and smartphone integration we've come to expect.

Pawan Dhingara

RAMPING UP THE RAPTOR

Ford decides that the F-150 needs a supercharged V8 to counter the electric revolution

When it comes to fast, extreme pickups its usually skunkworks companies like Hennessey at the forefront but rarely does a manufacturer ramp up the insanity like Ford has just done with the F-150 Raptor R. That's right, a 700hp terrain blaster straight off the factory floor and ready to cause havoc on the school run and every back road.

In markets where the F-150 isn't sold, the new Raptor is what many would consider potent enough. It packs a 3.0-litre V6 twin turbo petrol with similar blueprints to the one installed in the rear end of a Ford GT, but detuned to 290kW. Still, it claims to hit 60mph/h in under six seconds. It is all the bakkie you'll ever need but that hasn't stopped Ford from unleashing the F-150 Raptor R to just cement its place at the top for eternity.

In a world where electric cars are pouring in, and Ford's F-150 Lightning is part of that movement, the Raptor R throws caution to the wind with a 5.2-litre V8 slugging out 700hp. If the reason for its existence is due to the Lightning's contribution to lower emissions then consider us thankful and the scores even. Finding a V8 isn't too difficult for a company like Ford. They're one of the few automakers still using them in muscle cars like the Mustang. If anyone was going to shoehorn a V8 into the nose of a pickup, it was going to be Ford! This V8 is a little more special because it's the one plucked from the Shelby GT500 so it comes with all the juicy extras already fitted. It sits under a customised hood with a power dome that exists to provide necessary clearance for

the supercharger.

The 5.2-litre displacement is topped with a meaty supercharger that has been recalibrated to provide power so that it smokes tyres, but can also do traditional pickup jobs like towing and flying across mountains of sand. Take a more detailed look and you'll see that the exhaust manifolds are new stainless steel pipes and all the cooling channels are wider to suck in more air which should just add to the car's rather angry soundtrack.

We don't know how fast it'll be but if it can match the smaller Raptor's acceleration and terrorize some hot hatches on their own turf, that should win any argument that the internet naysayers can throw at it. The 10-speed box is also an evolution, featuring stronger internals and reinforced sections to manage the torque. We couldn't talk about Raptor without mentioning the suspension travel. Enormous, in a word or 13in up front and 14in of travel for the rear axle. It's still on bespoke Foxx suspension - the same stuff that allows a standard Raptor to jump a few feet in the air and land safely and it'll earn you enough kudos among motorsport friends.

Pawan Dhingara

YOU CULINARY GENIUS

IT'S TIME TO COOK

A new year means a new opportunity to improve your culinary skills and up your kitchen game! We've taken the liberty to provide you with some of our freshest yet easy to prepare dishes that impress friends, family, and that special someone in your life. So go on, try it!

By Izelle Hoffman

10MIN
PREP TIME
40-45MIN
BAKING TIME
4-6
SERVINGS

BUTTERNUT RINGS

INGREDIENTS

- 2 whole medium butternuts cut into rings
- olive oil
- 2 tbsp raw honey
- 1 tsp cumin
- 1 tsp paprika
- 1/2 tsp salt
- 1-2 heaped tbsp almond flour
- A handful of pumpkin seeds (we prefer the toasted and salted ones)
- A handful of almond flakes or shavings
- 1 tsp dried rosemary

DIRECTIONS

- Preheat oven to 309F (200C).
- Prepare a baking tray with nonstick spray.
- Place the butternut rings on the tray.
- Spray with olive oil and drizzle with honey.
- Season with cumin, paprika, and salt.
- Sprinkle with almond flour, pumpkin seeds, and almond flakes.
- Round off with dried rosemary.
- Place in the oven for 40 to 45 minutes or until butternut is cooked and crisp to your preference.
- Garnish with fresh herbs like rosemary or thyme before serving.

OVEN-BAKED

MEATBALLS

10MIN PREP TIME
30MIN COOKING TIME
20 X 2OZ SERVINGS

"BASICALLY I AM A LOW-CULTURE PERSON. I PREFER WATCHING BASEBALL WITH A BEER AND SOME MEATBALLS."

WOODY ALLEN

INGREDIENTS

- 2lbs (1kg) extra lean mince
- 1 medium red onion
- 1/2oz (15g) freshly chopped parsley
- 1tsp salt
- 1tbsp paprika

DIRECTIONS

- Place in an oven pan.
- Drizzle with olive oil.
- Add a cup of hot water.
- Cover with foil.
- Bake for 30 minutes.
- Take out of the oven.
- Drain the excess water.
- Sprinkle with paprika and drizzle with honey.
- Change the oven from thermo-fan to grill.
- Grill till golden brown.

CHICKEN

TRAY BAKE WITH SWEET BASIL BBQ

OVERNIGHT
PREP TIME
25MIN
BAKING TIME
10
SERVINGS

INGREDIENTS

For brine to soak in overnight

- 3 tbsp salt
- 40fl.oz (1.2l) of water
- 3.5lbs (1.5kg) of chicken fillets
- 2 tbsp olive oil
- 2 tbsp raw honey
- 3 tsp paprika
- 3 tsp sweet basil
- 3 tsp onion flakes
- 1 small red onion diced (optional)
- 1 tbsp sesame seeds (optional)
- 1/2 tsp ground black pepper
- 1/2 tsp salt

- Preheat oven on 355F (180C).
- Prepare an oven tray with foil and nonstick spray.
- Arrange the chicken breast on the tray.
- Start by drizzling with olive oil, and then with raw honey.
- Sprinkle with paprika, sweet basil and onion flakes.
- Finish off with ground black pepper, sesame seeds, and diced red onion.

DIRECTIONS

- Place in the oven for 25 minutes.
- Remove from the oven and drain the water (if you would like to make a sauce, pour it into a pan and allow to simmer till desired texture, add some of the ingredients used in the recipe for extra flavor)
- Season with salt.
- Allow to cool off properly before placing it in an airtight container and in the fridge to use when needed.

OVEN-BAKED CHOCOLATE MUFFINS

(GUILT FREE)

INGREDIENTS

- 2 cans chickpeas drained
- 8 tbsp raw honey
- 3.5oz (100g) almond butter
- 1 tsp vanilla essence
- 2 tsp caramel essence
- 1 tsp bicarb of soda
- 2 eggs
- 2oz (60g) almond flour
- 1 tsp of salt
- 1 heaped tablespoon of cacao(preferably raw)

DIRECTIONS

- Preheat oven to 355F (180C) on thermo-fan.
- Place the chickpeas in the bowl of a food processor.
- Blend till smooth.
- Add all the other ingredients except the eggs and process on high for 3 to 5 minutes, scraping down sides as needed, until mixture is smooth and well blended.
- If you don't have a food processor you can pulp the chickpeas with a blender, add the rest of the ingredients and beat with an electric beater for 2 minutes on high speed.
- Beat the eggs in a separate bowl till light and fluffy.
- Add to the chickpea mix and beat for another 30 seconds to mix well.
- Scoop mix evenly into 12 muffin cups.
- Bake for 15 to 20 minutes.
- (The edges will be crispy and firm to the touch while the center will remain moist and soft.)
- Finish off with almond flour to taste.

10 MIN PREP TIME
15-20 MIN BAKING TIME
12 SERVINGS

Extraordinary Shelby Doll

Instagram @playmate_shelby_doll

Photographer Brent Wiggins
Graphic Editor @vagabond_art_photography
PR Company RATNIP PRODUCTIONS | @ratnipproductions

Such an absolute honor to have you on feature FHM! What has your journey as a successful model been like so far? Mostly, I don't consider myself much more than an ordinary woman, doing what this world demands from all of us. I work hard, try hard, love hard and play hard. This has been a long road full of blood, sweat and tears. It's all worth it, but it took a lot of sacrifice to get to this life of privilege. It was definitely a rags to riches and I have enjoyed every bit of it! I am full of amazing memories and friends who have lifted me up and supported my career along the way. No one does anything entirely on their own and I have been blessed with love and passion.

We are blown away by your drive and professionalism, can you tell us what some of the things that motivate you to stay on top of your game are? What motivates me most, is my hope that my children will succeed even further than I have. The only weakness is your failure to have faith in how much you are capable of. You let all of these exterior factors scare you from success. You let the world tell you it's ok to lose, even if you know you fell short. You excuse yourself from success because it's easier than facing failure. You let this new world steal your grit. I don't want it to steal my children's grit, soon they become women, and it will become their greatest asset. I always try to lead by example. I get up, I attack my day with intention and purpose. I want to show them it's possible to do anything you set your mind to. When I feel myself falling short and feeling lost in life, in the work, I think about how much less I could have. I think about what I have now, I think about how much I want to contribute to this world, and suddenly I am reignited.

Top 3 best moments of your career? Oh, wow. This one is tough! There have been so many amazing experiences. I have got to meet and perform for so many amazing bands, actors and great people. I wanted nothing but to see the world, research and perform. Now I tour in a bus with a trailer full of show gear, like the rockstars I dreamed of as a kid. I get paid to see this world through my performances as a professional showgirl and burlesque artist. The bonus is I get to do my historical nerd work along the way and share it all with my family. I don't think I could pick one moment, but I could say every time we wheel up behind the venue and park the tour bus, it feels so cool to know that bands like Motley Crue and other amazing artists have sometimes parked their bus in that same spot. As we unpack our stuff from the tour trailer, it's the best feeling in the world to see a line of folks waiting to see your show. This would be my best moment, every time, it never gets old.

What is your favorite chill time activity? When I do get a moment to relax and sit back, I enjoy sitting on my front porch and watching the going on's of my farm. The chickens passing by and the blue jays at my feeders.

We are taking you out on your ultimate date and we really want to knock this one out the ballpark, what would that entail? The ultimate date is jumping in the truck, with a pack of Budweiser. Driving to the closest brook and catching some trout. Afterwards we would fry them puppies up with some butter and fiddleheads. Then we can sit back on our camping chairs over the campfire, laugh, and go on. This is the perfect date. Do not forget to bring me some Reese's!

What are, hands down, your absolute favorite things to do? Hang out with my immediate family unit, in any capacity. Coach. Anything at my farm.

3 ultimate deal breakers when it comes to men? No work ethic is gross, and I just can't tolerate it. I like a man who can keep up with me, and I go, go, go! When considering romance, I also cannot stand men who are too feminine, intimately as a partner this is not for me, but you make great friends! Lastly, I think drama is a distraction and I don't seek to have any in my life, so if you carry the gossip of town into my home, you're not welcome to stay very long.

You have one last chance to do something you have always wanted to do, with no limits on anything, what are you doing? I am bringing my children to see the northern lights in the Northwest Territories.

Where would you say is your favorite place to be in the world and why? My home. I have performed in almost every single state and province. I have traveled around the world; my home is my heart. I think I developed a strong sense of appreciation of home, from touring as an artist. I love to fish and I am a hunting guide. I like to do outdoor things, work hard and labor. I enjoy my off-grid living and farm life. I am tucked away on almost 300 acres and the farm is the most beautiful place I could ever ask to live. Sometimes the best things are right in front of us.

What is currently playing on loop on your playlist? Currently, we are preparing for our next big, sold-out tour, Hillbilly Rootz! So, I am show building. Get Rhythm by Johnny Cash, Mountain Music by Alabama, Bad to the Bone by George Thorogood & the Destroyers, Fat Bottomed Girls by Queen, and Thunderstruck by AC/DC, are the top songs that loop right now.

Where can our readers catch up with you and stay updated with your work? Anyone that knows me well, knows that I'm not too keen on the tech world. But I do have an amazing booking agent Centerfolds Features and you can follow me on Instagram @playmate_shelby_doll

We are so happy to have gotten to know you a little bit! Any last words out there for our readers? Life is too short, live it simply. Get up on and ride the damn horse. Love hard and work your ass off. Good things will come, and bad things will happen. Get back on the damn horse and ride it again. Don't you dare let anyone or anything stand in your way from living your best life. Live your life with grace and do it with grit!

ADULT HOCKEY BEER LEAGUES!

FOR THE LOVE OF THE GAME

A recent survey by Harris Polls in the United States ranked hockey as the 6th most popular sport, well behind number 1, pro football. And one thing about sports in general: Chicks dig athletes, even the non-professional ones!

And while hockey will never reach soccer worldwide for the most popular in the world (not just country), hockey has actually climbed the rankings in the past few decades. Back in 1985, pro football was 24 percent, baseball 23 percent, then college football and college basketball 10 percent each. Hockey was tied in 11th at two percent, also behind pro basketball, auto racing, golf, tennis, bowling and horse racing. Pro football has been climbing since then, mostly at the expense of baseball and college basketball. Hockey has never received more than five percent of the popular vote and has been at least four percent since 2004.

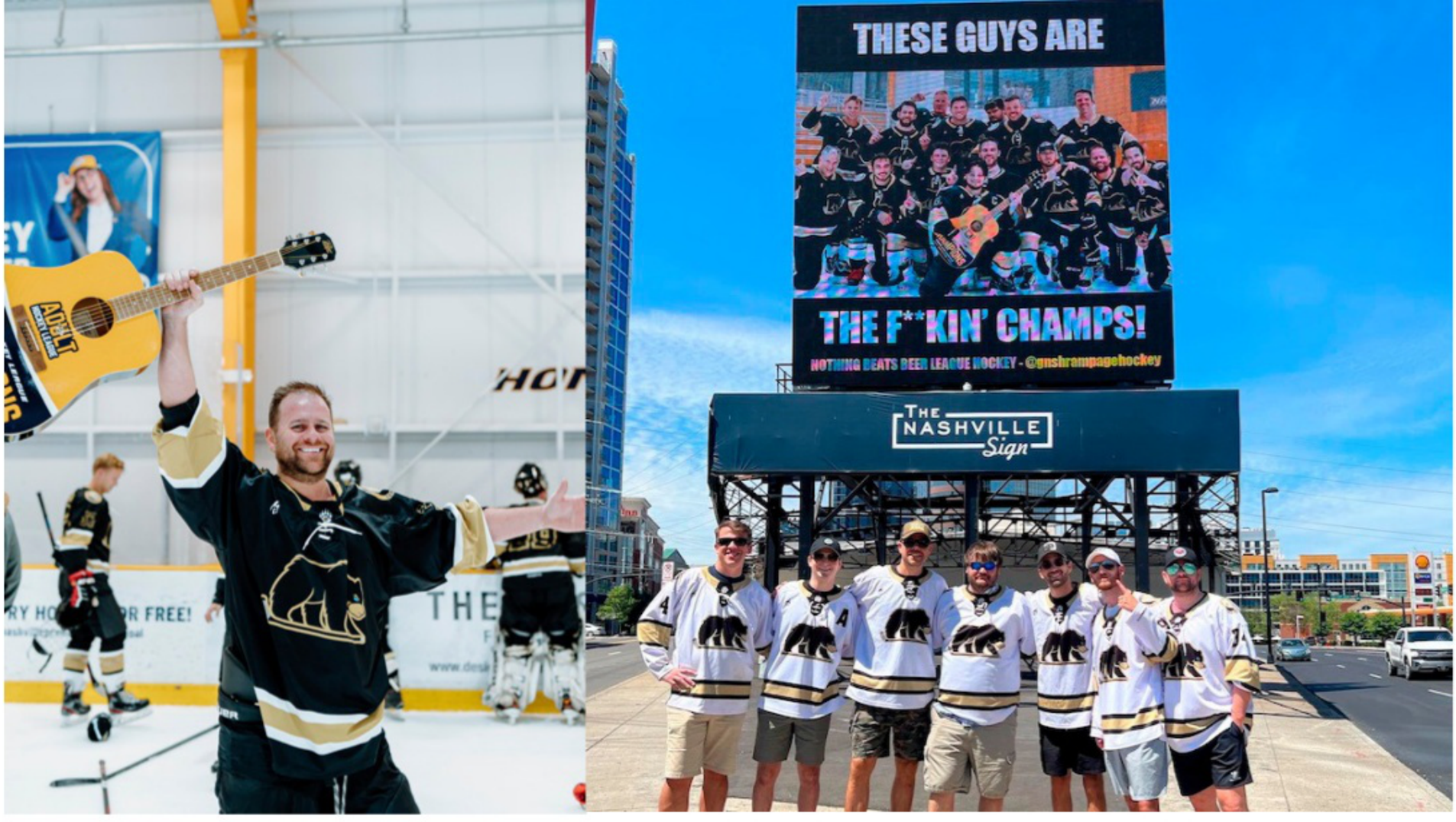
That in itself though can be due to the popularity of adult "men's leagues" around the world that have grown to number 1 in popularity among sports for non-professional men to play. "Beer Leagues" as they are called, are when a group of adults gather together on a week night - away from life's distractions - and play each other in organized games. The games usually end and the group of guys usually head to a parking lot to drink some beers to cool off before heading back to their everyday lives, only to return the following week.

In Nashville, TN, USA, one beer hockey league has a team that was influenced by the famous Emilio Estevez Mighty Duck films, and has taken their entire city and now nation by storm.

The GNashville Rampage recently won their division hockey beer league championship and to celebrate the "regular non-professional group of 'athletes'", the city granted them a celebratory billboard on the main street (Broadway) as well as a fancy Championship Guitar to lift high instead of the Stanley Cup that is rewarded to professional NHL players.

The team consisting of military veterans, nurses, scientists, doctors, pilots, musicians, reality stars, producers, sheep farmers, college athletes who never could make it pro is solid proof that the sport of hockey is growing, and is being influenced more each day by passionate players in these leagues who keep the fun alive, while promoting the sport they love. And the best thing about playing recreational sports (like hockey) as an adult is that there are so many benefits that come with it. It's a good way to get some exercise, improve your mental health, relieve stress, be a part of a community, and bond with your friends & family. There's something to be gained from playing sports for everyone, regardless of age

We sat down with some of the players of The GNashville Rampage to ask them about their love for the sport and why joining up in a league is so important these days more than ever + some of the best sticks and gear we all should be buying!



Why did you join an adult hockey beer league?

Taylor Caulfield - Operating Room Registered Nurse: "I played beer league back home in North Dakota. I was looking to get involved when I moved to Nashville, and was lucky enough to get scooped up by the dynamic Rampage. I actually worked with the goalie and got the hook up through him. The fact that a group of complete strangers from different backgrounds came together to get the job done. New friendships have been made. The best part for me was seeing my teammates' faces when that final horn sounded to win the ship. Plus it's always better being on top."

Ian Miller - US Navy Military Veteran / Sales Development Coordinator: "I had played beer league while I was in the Navy as well as after I got out. While I was at Florida State, I played roller hockey. There wasn't any ice in Tallahassee. When I moved to Nashville, I didn't know anyone, and it seemed like the best way to meet people. It's a great way to get a little bit of that competitiveness every week. It helps keep me in shape, while also building relationships with people."

Are your family, lover, friends, kids, etc. supportive of your time away from home to play each week?

Denham Kitch - Nashville Ford Ice Center Beer League 'Top Points' Leader: "Yes, my wife rarely misses a game and my parents watch online most games!"

William Charles Mooney - HH-60 (Blackhawk) Medevac Pilot / 101st Airborne 6-101 C co 3FSMP Platoon Leader: "Yeah, my wife even let us leave our beach vacation at 2 am in order for me to arrive at our championship game!"

When will you finally decide to hang up your skates?

Ian Miller - "When I can't skate anymore. There are so many levels of beer league, that as I get older and slow down, I have the option to play in competitive leagues for my level."

Taylor Caulfield - "Either when I no longer have the passion for the sport or I can't physically play. I look forward to playing every Sunday and seeing the boys. I look forward to playing with this group for a long time."

What is your favorite post-game drink?

Zack Teperman - President of a PR/Marketing agency: "Nothin' beats some ice cold beers!"

Denham Kitch - "Pink whitney and red bull"

Ian Miller - "We've always done beers after a game. Shower beer is best, but the parking lot/ post game beers are the only way to do it."

What type of stick do you use and why?

Denham Kitch - "Bauer Vapor Hyperlight, because it's as light as a feather and rockets the puck off the blade!"

Taylor Caulfield - "My twig is a Bauer. I have used this brand since before high school hockey. Gotta stay loyal to the brand."

William Charles Mooney - "CCM because it looks expensive and there's much nicer models but in reality it's pretty cheap in the grand scheme of things for sticks!"

In conclusion, while professional athletes are paid to play their very best, this men's league 'beer team' pays to enjoy the game they love. They aren't professionals. They don't have trading cards or countless fans around the world, or getting paid the big bucks (or any money for that matter), but what they do have and share is a desire to give their all for three periods of play, each and every week. It's a distraction from all of the other things going on in life, and for a moment brings a bunch of strangers together to play a sport they all love, for pure joy, while also growing the game they all have a passion for too!

FRANCK MULLER
GENEVE

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